

Dear PEBB Exercise Rewards Member,

Good News!

Beginning January 1, 2016 PEBB will process your fitness facility subsidy payments in-house. The ExerciseRewards® Program currently administered by American Specialty Health Incorporated (ASH), will be rebranded and PEBB will begin offering the same incentives under the new PEBB "StayFit Rewards Program."

Some processes may be a little different, but the program and the eligibility requirements will not change. PEBB medical plan subscribers and their covered spouse/domestic partner who continue to exercise at least eight times per month at a qualified fitness facility will still receive a \$15 per month subsidy.

As a currently enrolled ExerciseRewards® member you should continue to track your fitness facility visits and receive your subsidy payments from ASH through December 31, 2015. Beginning January 1, 2016, if you want to continue to receive your fitness facility subsidy you will need to enroll in the new StayFit Rewards Program.

Here are some commonly asked questions and answers to help you through this transition:

Question 1: What is changing from the current Exercise Rewards Program?

Answer:

There are two important changes to be made aware of:

1. PEBB will not receive auto-feeds of workout data from various gyms. This is currently being worked on and we hope to add this feature sometime in the future. See question number 6 on how to track and report your visits.
2. PEBB will process all "Rewards" payments via Direct Deposit. Payments for the StayFit Rewards will be processed electronically rather than by check, this means you will receive your rewards much sooner than you are used to.

Question 2: If I am an Exercise Rewards member where do I send my fitness facility visits for 2015?

Answer: As a currently enrolled ExerciseRewards® member you should continue to track your fitness facility visits and receive your subsidy payments from ASH through December 31, 2015. You have until March 31, 2016 to submit your 2015 fitness facility visits to ASH for processing under the ExerciseRewards® program. Please Note: After December 31, 2015 PEBB members will no longer have access to the www.exerciserewards.com website or the ExerciseRewards CheckIn App.

Question 3: How does the new StayFit program work?

Answer: Eligible members who work out at a qualified fitness facility at least 8 times during the month (only one visit per day is allowed) and then submit verification of visits to PEBB will receive \$15 each month that they meet the minimum requirements.

Question 4: How does my Gym/Fitness or Exercise Center qualify?

Answer: Your fitness facility, gym or exercise center must:

- Offer equipment and/or classes that provide you with cardiovascular exercise, flexibility training and/or resistance training
- Charge a fee to access the equipment and/or participate in classes
- Be supervised by staff (facility staff do not have to be present onsite at all hours of facility operation)
- Provide you with a membership contract.

Question 5: How do I enroll?

- Answer:**
1. Go to www.oregon.gov/DAS/PEBB
 2. Click on StayFit Rewards Program
 3. Complete the StayFit Enrollment Form and mail, fax, or email this form back to PEBB
 4. Complete the ACH Credit Authorization Form. Mail or fax this form back to PEBB - **DO NOT EMAIL this form for security purposes.**

Question 6: How do I track my visits?

Answer: Complete the StayFit Attendance Verification form. If your fitness facility can provide you with a monthly printout of your attendance you can attach the print out to this form. If your fitness facility is not able to provide a printout you can list your visits on the StayFit Attendance Verification form.

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4. Mail, Fax or Email the form back to PEBB.

Kate Brown, Governor

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Question 7: How often do I have to send in verification of my fitness center visits?

Answer: You can send your verification in monthly, quarterly or yearly. PEBB MUST receive all verification forms within 90 days following the end of the benefit year. For example, for 2016 subsidy payments, PEBB must receive all verification forms by March 31, 2017.

Question 8: When will I receive my StayFit Rewards payment?

Answer: PEBB will make monthly payments for eligible members who meet all of the requirements for the StayFit Rewards Program.

Exercise Workout Month:	Verifications must be received by:	Payment Issued:
January	February 15 th	March 15 th
February	March 15 th	April 15 th
March	April 15 th	May 16 th
April	May 15 th	June 15 th
May	June 15 th	July 15 th
June	July 15 th	August 15 th
July	August 15 th	September 15 th
August	September 15 th	October 17 th
September	October 15 th	November 15 th
October	November 15 th	December 15 th
November	December 15 th	January 15 th 2017
December	January 15, 2017	February 15 th 2017

Question 9: How will I receive my StayFit Rewards?

Answer: In order to be as efficient as possible, PEBB will deposit your StayFit Rewards directly into your bank account. If you don't have a bank account, please contact PEBB @ (503) 373-1102.

Question 10: How do I set up the direct deposit for my StayFit Reward payments?

Answer:

1. Go to www.oregon.gov/DAS/PEBB
2. Click on StayFit Rewards Program
3. Complete the ACH Credit Authorization Form
4. Mail the form back to PEBB along with a voided check.
DO NOT EMAIL this form for security purposes

Question 11:

Answer:

Which identification number do I need to list on StayFit forms?

You can list any one of the 4 identification numbers that employees have: OR number, University Identification number, Lottery number or your PEBB number. Your PEBB or P number can be found on your PEBB benefit statement, or if you have MODA medical or dental it can be found on your insurance card.

Question 12:

Answer:

Why do you need my preferred email address?

To be cost effective and quickly get communications to you we will send all communication regarding the StayFit program to your preferred email address. If you do not provide or have an email address we will mail our communication letters to you.

Question 13:

Answer:

Can I send my enrollment and ACH Direct Deposit Form to PEBB prior to January 1, 2016?

Yes you can submit your Enrollment form and ACH Direct Deposit form to PEBB anytime, and you must submit these forms prior to receiving your first subsidy payment for 2016 fitness facility visits. PEBB will not issue any payments for the StayFit program until 2016.

Sincerely,
Public Employee's Benefit Board