

**Question 1: What is the StayFit Rewards Program?**

**Answer:** StayFit is a subsidy program that helps members pay for qualified fitness and exercise centers. PEBB subscribers and their spouse/partner who are enrolled in a medical plan are eligible to participate.

**Question 2: 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 3: How do I enroll in the StayFit Rewards Program?**

- Answer:**
1. Go to [www.oregon.gov/OHA/PEBB](http://www.oregon.gov/OHA/PEBB)
  2. Click on StayFit Rewards Program
  3. Download or print off the StayFit Enrollment and Gym Membership Verification form
  4. Print off the ACH Direct Deposit Form
  5. Fill out the forms
  6. Mail, Fax, or Email the forms and supporting documentation back to PEBB

Question 4:

**How does the StayFit program work?**

Answer:

Eligible members need to work out at a qualified gym/fitness or exercise center at least 8 times during the month. You will receive credit for one visit per day (Note: there must be at least 8 hours between visits). Submit verification of your visits to PEBB and receive a \$15 subsidy payment each month that you qualify.

Question 5:

**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 and be supervised by staff. Facility staff do not have to be present onsite at all hours of facility operation. Provide a membership contract.

Examples of facilities that DO NOT qualify for the StayFit subsidy, include but are not limited to:

- ❖ Aerobic/fitness activities NOT in a qualified fitness facility/gym.
- ❖ Rehabilitation services, physical therapy, country clubs, social clubs, sports teams and/or leagues.
- ❖ Personal training, lessons such as tennis, and coaching.
- ❖ Purchase of exercise equipment or clothing.
- ❖ Fitness facilities that have no oversight (facilities in apartment buildings, hotels, sports clubs).

Question 6:

**How do I track my visits?**

Answer:

There are two ways to track your attendance:

1. Download the StayFit Attendance Verification Form, fill it out and email it right back to PEBB. There is no need to have the gym sign or validate this form.
  - a. To download our attendance form go to:
  - b. [www.oregon.gov/OHA/PEBB](http://www.oregon.gov/OHA/PEBB)
  - c. Click on StayFit Rewards Program
  - d. Complete the StayFit Attendance Verification Form
  - e. Mail, Fax or Email the form back to PEBB.
2. If your gym or fitness facility can give you a printout of your gym visits, you can send this to us instead of filling out the attendance form. Just be sure your name and identification number is on this printout.

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

Answer: You can send your verification in monthly, quarterly or yearly. All verification forms have to be received by PEBB 90 days after the end of the benefit year. So for 2016, all verification forms must be received by PEBB 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.

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

Please note: All verification forms must be received by PEBB no later than March 31, 2017 for reimbursement from the StayFit Rewards Program that occurred in 2016.

Question 9: **How will I receive my StayFit Rewards?**

Answer: PEBB will deposit your StayFit subsidy payments directly into your account. If you don't have a banking 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/OHA/PEBB](http://www.oregon.gov/OHA/PEBB)
  2. Click on StayFit Rewards Program
  3. Download or print off the ACH Direct Deposit Form
  4. Fill it out
  5. Mail the form back to PEBB along with a voided check

Question 10: **Do I need to report my StayFit payments?**

Answer: Your StayFit subsidy payments may be considered taxable income, consult a tax professional.

Question 11: **Which identification number do I need to list on StayFit forms?**

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

Question 12: **Why do you need my preferred email address?**

Answer: Our goal is to streamline, be cost-effective and quickly get communication to you. We are asking for a preferred email so that we can send all communication regarding the StayFit program to that email address.

Question 13: **What if I can't meet all the requirements for the StayFit Program due to a medical condition or disability?**

Answer: PEBB has two forms for you. On the StayFit Reasonable Alternative form, there will be an area for you to propose an alternative program/activity. Just like the StayFit program, you will need to let us know each month what proposed program/activity you completed (Alternative Program Attendance Verification Form). Fill out the forms and send back to PEBB, Attn: StayFit Rewards Program.

Question: **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](http://www.exerciserewards.com) website or the ExerciseRewards CheckIn App.