

Get paid to get fit



Earn up to **\$500** in fitness reimbursements

Sign up for Healthy Returns and earn rewards toward a healthier life

Healthy Returns is a wellness program for Federal employees that encourages and rewards Kaiser Permanente members who pursue active and healthy lifestyles. The program allows Kaiser Permanente FEHB Prosper members 18 and older—including covered spouse and dependent children—to receive up to \$500 each in reimbursements for fees or dues paid to a qualifying fitness center¹ during the 2023 calendar year (January 1 through December 31).

How the program works

It takes just two easy steps to participate:

STEP
1

Join a fitness center or virtual classes, continue using your current fitness center membership, or take an exercise class at a qualifying fitness center (certain activities are excluded).

STEP
2

Submit a Healthy Returns Reimbursement Request Form,² along with a receipt showing your name, your fitness center name, and the fees you paid during the 2023 calendar year.

We'll reimburse you for up to \$500 of fees and/or dues you pay to your qualifying fitness center during the 2023 calendar year. We will not reimburse you for the costs of exercise equipment, country clubs, or personal trainers. Log on to **ActiveandFit.com** to find a fitness center near you, and to learn what discounts are available to Kaiser Permanente members.

You can get a Healthy Returns Reimbursement Request Form at **kp.org/feds**, or by calling Member Services at **877-KP4-FEDS (877-574-3337, TTY 711)**, Monday through Friday, 7:30 a.m. to 9 p.m.

When to submit your required documents for reimbursement

To receive your full reimbursement for the qualifying year, you can submit a reimbursement request for the amount you paid in membership fees or dues up to \$500.

When you'll receive your reimbursement

We process reimbursements within 30 days of receiving your complete and accurate reimbursement request form and receipt(s). If you submit incomplete or incorrect information, your reimbursement will be delayed and we'll send you a notice indicating the reason your reimbursement was not processed. You may resubmit your reimbursement request form with the correct information.

Where to send your documentation for reimbursement

All required documentation should be mailed to:

Active&Fit®
P.O. Box 509117
San Diego, CA 92150-9117

You may also email your information to fitness@exerciserewards.com.³

Fitness centers that qualify for reimbursement

For a fitness center to qualify, it must:

- Offer regular cardiovascular, flexibility, and/or resistance training exercise programs, or include instructor-led classes such as Zumba®, Pilates, step classes, yoga, aquatics, martial arts, etc.
- Have staff oversight
- Offer proof of payment, such as a membership agreement or receipt

Examples of fitness centers, activities, and services that do not qualify for reimbursement:

- Country and social clubs
- Rehabilitation services, including physical therapy
- Sports teams and leagues
- Lessons, such as tennis or swimming
- Fitness centers that do not have staff oversight (such as at an apartment building or hotel) or that are outside the United States

You don't need to complete an exercise requirement to be reimbursed

You only need to submit the Healthy Returns Reimbursement Request Form, along with a receipt showing your name, your fitness center name, and the fees you paid during the 2023 calendar year.

Yes, members of your family's household can participate in Healthy Returns

All Kaiser Permanente FEHB Prosper (formerly Basic Option) members—including your covered spouse and children 18 and older—are eligible to participate. Each qualifying family member must submit his or her own reimbursement request form.

There's a deadline

For 2023 reimbursement, all documentation must be submitted by 11:59 p.m. on March 31, 2024.

If you have questions, call:

Healthy Returns Customer Service
877-750-2746

Monday through Friday, 8 a.m. to 9 p.m. Eastern time



The Active&Fit® program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit is a trademark of ASH and used with permission herein.

¹These benefits are neither offered nor guaranteed under contract with the FEHB Program, but are made available to all enrollees and family members who become Kaiser Permanente members.

²The reimbursement form explains how to submit your request to the Healthy Returns program.

³Please do not email photo files (jpeg, png, etc.); please email documents as attachments in PDF or Excel format.