



EARN UP TO \$125

IN REIMBURSEMENTS WHEN YOU GET ACTIVE

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 Basic Option members 18 and older to receive up to \$125 in reimbursements for fees or dues paid to a qualified fitness center during the 2019 calendar year (January 1 through December 31).

HOW THE PROGRAM WORKS

It takes just two easy steps to participate:

1. Join a fitness center, continue using your current fitness center membership, or take an exercise class at a qualifying fitness center.
2. Submit a Healthy Returns Reimbursement Request Form,* along with your receipt showing your name, your fitness center name, and the fees you paid during the 2019 calendar year.

We'll reimburse you up to \$125 for fees and/or dues you pay to your qualifying fitness center during 2019. We will not reimburse you for the costs of exercise equipment, country clubs, or personal trainers. If you're looking for a new fitness center, log onto [ExerciseRewards.com](https://www.exerciserewards.com) to find discounts 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.

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

WHEN TO SUBMIT YOUR REQUIRED DOCUMENTS FOR REIMBURSEMENT

To receive your full reimbursement of \$125 for the qualifying year, you can submit a reimbursement request when you have paid at least \$125 in membership fees or dues. You may also submit separate documentation for each of your out-of-pocket expenses, up to \$125 in reimbursement.

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. 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:

ExerciseRewards
P.O. Box 509117
San Diego, CA 92150-9117

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

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 it may include instructor-led classes (such as Zumba®, Pilates, step classes, yoga, aquatics, martial arts, etc.).
- Have staff oversight.
- Offer proof of payment (for example, a membership agreement or receipt).

EXAMPLES OF FITNESS CENTERS, ACTIVITIES, AND SERVICES THAT DO NOT QUALIFY FOR REIMBURSEMENT INCLUDE:

- Country and social clubs
- Rehabilitation services, including physical therapy
- Sports teams and leagues
- Lessons, such as for tennis and 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 RECEIVE YOUR REIMBURSEMENT

You only need to submit the Healthy Returns Reimbursement Request Form, along with your receipt showing your name, your fitness center name, and the fees you paid during the 2018 calendar year.

YES, MEMBERS OF YOUR FAMILY'S HOUSEHOLD CAN PARTICIPATE IN HEALTHY RETURNS

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

THERE'S A DEADLINE

All documentation must be submitted on or before March 31, 2020, by 11:59 p.m., for 2019 reimbursement.

IF YOU HAVE QUESTIONS, CALL:

Healthy Returns Customer Service
877-750-2746
Monday through Friday
8 a.m. to 9 p.m.

