

Gym Membership and Physical Activity Rewards Terms and Conditions.

Select Health® in its sole discretion will determine whether program requirements have been met to qualify for rewards and will rely on electronic documentation. Select Health may change program terms or discontinue a reward program at any time without notice. By participating in the rewards program, members agree to the latest version of the program terms posted by Select Health online.

Effective January 1, 2024, gym membership rewards will also include the same reward incentive for acupuncture, Tai Chi, and Yoga. Participation in and points rewarded for gym membership acupuncture, Tai Chi, or yoga rewards will be based on the member's monthly verification of the activity on selecthealth.org.

The gym membership and physical activity rewards program is available to Small Employer, Association group plans and Individual/Family plans in Utah and Idaho. Idaho also includes Large Employer plans.

This rewards program is not available for some types of coverage such as transition plans, or if an employer opts out for an employer plan.

Monthly gym membership or physical activity rewards are available to any qualifying member age 18 or older on an eligible health plan. A member may qualify to receive a monthly reward under either program option (gym membership rewards and its alternative activities or physical activity rewards) but may not earn a reward for both options during a month.

To qualify for a gym membership or physical activity reward, a member must visit selecthealth.org and register for an account and must accept the Program Terms and Conditions. Rewards will not be available for any months prior to registration for a Select Health account.

Qualifying for a gym membership, acupuncture, yoga, or Tai Chi reward also requires submitting an online attestation. For auditing purposes, valid receipts should be retained as proof of payment for a gym membership or its alternative activities.

For the physical activity reward option, the member must set up an additional program account with Personify Health aka Virgin Pulse to document activity (by steps or step conversion). As measured by step tracker or activity conversion, a member must achieve at least 7,000 steps per day for 20 days in a calendar month to qualify for a reward. While Personify Health allows for entering steps for dates before registration, a member will only be eligible for Select Health rewards from the date of registration with Personify Health. Members should record their activity at least weekly and must record all steps before the end of the month.

Program participants are strongly encouraged to complete an online health assessment when starting the program. Feedback from a health assessment can help participants meet health and fitness goals and promote long-term wellness.

For Utah and Idaho members, the total gym membership and physical activity reward is limited to \$20 per month and \$240 per calendar year for an eligible individual, or \$580 per calendar year for multiple eligible family members. For Utah and Idaho members, total wellness and incentive program rewards for members enrolled in multiple Select Health incentive programs are capped at \$580 per calendar year for each subscriber family.

Submitting false or fraudulent information will disqualify the member submitting the information from receiving rewards. Subject to program conditions, rewards will be available to a subscriber or member on the subscriber's family plan while enrolled in an eligible health plan.

Gym memberships that qualify for a reward include any commercial or community gym or fitness facility. Personal training or use of personal fitness equipment generally would not qualify for a gym membership reward.

After conditions are met, qualifying members who have completed program requirements may redeem points for rewards (such as a VISA Cash card or other available gift card) until the end of the current calendar year. For unredeemed points, Select Health will automatically send VISA Cash cards.

A request to receive a reward for any month of a year must be submitted by the Activity Completion Deadline date set by Select Health each calendar year. Once program conditions have been met for a month(s), Select Health will work with vendor partners to make rewards available as soon as possible.

If a qualifying member's plan terminates before the end of a calendar year and they have unredeemed reward points, the member can call Member Services at **800-538-5038** to assist them in redeeming their reward. The member also has the option of waiting until the end of the calendar year and a Visa Cash card will automatically be sent to them in the amount of their unredeemed rewards points.

Please note that rewards received may be considered income and subject to tax.

Questions?

Call Member Services at

800-538-5038

weekdays, from 7:00 a.m. to 8:00 p.m.,
and Saturday, from 9:00 a.m. to
2:00 p.m. TTY users, please call 711.

