

It Pays to Be Active™

Get rewarded for working out



It's true! The ExerciseRewards™ program—available to you through Aspirus Health Plan—gives you various options to work out and get paid to do it! Rack up at least 10 workouts each month using one of the following methods and you can earn up to \$30 per month in rewards.

The Active&Fit Direct Program

Choose from a network of 11,000+ participating fitness centers nationwide for just \$25 a month (plus a \$25 enrollment fee and applicable taxes). Once enrolled, you don't need to do anything else—the Active&Fit Direct fitness centers will submit your visits for you automatically, for a hassle-free way to earn visits toward your reward goal. You can quickly and easily enroll by creating an account on ExerciseRewards.com.



ASHConnect™ app

Use GPS data from your smartphone to track your visits in real-time at 50,000+ fitness centers nationwide. Your visits will automatically be tracked through your ExerciseRewards account, as long as each workout session is at least 30 minutes long (only one check-in per calendar day will count). Each 30-minute workout will count for 12,000 points. Search for "ASHConnect" in your phone's app store.

Paper Log

If you prefer, you can manually track your fitness center visits. Your qualifying fitness center** must approve and sign your paper log or provide you with a printout of your utilization, and you are required to submit these items and your Visit Submission Form to the ExerciseRewards program. This form is available on ExerciseRewards.com after you log in.

Ready to learn more? Visit [ExerciseRewards.com](https://www.ExerciseRewards.com) or call 877.810.2746 for more details on how to track your fitness center visits and get rewarded.

**For a fitness center to qualify, it must be in the 50 U.S. states or District of Columbia, offer regular cardiovascular, flexibility, and/or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, "step" classes, yoga, aquatics, etc.), must have staff oversight, and must offer a membership agreement.

Note: Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional. Rewards may be taxable income that you are responsible to report.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1.877.810.2746 Monday through Friday, 5 a.m. to 6 p.m. Pacific time, and we will explain how you can work with your physician to find an alternative wellness program with the same reward that is right for you in light of your health status.

The ExerciseRewards and Active&Fit Direct programs are provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward; however, exclusions apply. The ExerciseRewards and Active&Fit Direct programs are health improvement and education programs and are not insurance. ASH Fitness is a separate company that administers the ExerciseRewards and Active&Fit Direct programs on behalf of WPS Health Insurance.

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