

Gym utilization incentive

How do I earn the 50% gym membership reimbursement?

You must visit your gym at least 25 times per quarter for a yearly total of 100 visits in order to qualify for the \$150.00 contribution towards your membership costs.

How will earn towards the required 100 point total to receive my reimbursement?

Utilization data will automatically be shared with FloridaBlue and points will be credited to your account every 30-45 days. You can track progress towards your goal through your fb.com reward lobby page.

How do I track my progress?

You can track your progress towards your utilization goal by logging into your fb.com account and accessing the reward lobby page. The gym utilization activity will be updated every 30-45 days with the latest visit totals.

How will my college know if I've met the gym utilization requirement?

Reporting for those participants that have successfully completed the utilization requirements will be provided to FCSRMC in the standard monthly participation reports. FCSRMC will directly reimburse each college for those qualifying individuals.

When will I receive my reward?

Those participants reaching the required utilization threshold will receive their \$150.00 at the end of the 2015 program year.

Is there a preferred gym for this incentive?

Yes, FloridaBlue has partnered with Healthways in order to provide discounted access to a broad network of popular gyms throughout the state of Florida.

What is included in the offering?

- *The Fitness Network.* An unlimited fitness membership that provides access to nearly 8,000 fitness locations nationwide, anytime and anywhere. For example, you can visit Curves® in the morning and Anytime Fitness® at night.
- *The Daily Challenge.* Engaging challenges utilizing social networking, gaming and rewards.
- *Online Support.* 24/7 access to online tools, trackers and coaching through the Healthways Fitness Your Way website (fitnessyourway.healthways.com).
- *Discounts**. Discounts on services and goods from over 40,000 nationwide health and well-being providers such as massage therapists, personal trainers, nutrition counselors and over 30 vendors such as ProFlowers, Red Envelope, Leisure Fitness, etc., offering discounts from 10% to 30% on average. *May not be available for all plans.

How much does the membership cost?

For unlimited access to all components a member pays only \$25 to enroll and \$25 per month (per participant).

Do I have to pay taxes on my membership fees?

Taxes will be applied to your membership fees at the rate specified by your local or state government.

Are my membership fees reimbursable under my health plan benefits or health saving account?

No, these are not considered eligible expenses under health plan benefits or health savings account rules.

Enrollment

Who is eligible?

Members and their dependents over age 18 who have an active FloridaBlue medical benefits plan.

Note: The Healthways Fitness Your Way Program does not offer family membership rates.

How do I enroll?

Enrolling in the program is quick and easy. You have two options:

- **Enroll online** by logging in to Blue365 (at www.blue365deals.com). After logging in, click on “Browse Deals,” then “Fitness” or “View all Fitness offers.” Find the “Healthways” fitness deal (you may need to click the blue right-facing arrow to view it) and click “View Now.” Click “Redeem Now” and you’ll be taken to the Blue365 Healthways Fitness Your Way home page. On that page choose “Click here to enroll now.”
- **Enroll by phone** by calling **(888) 242-2060**, Monday through Friday, 8 a.m. – 9 p.m., in any U.S. time zone.

Can I enroll directly at the fitness center?

No. You must enroll on line or by phone to get your temporary Healthways Fitness Your Way member identification card which will allow you access to any of the fitness centers in the network.

What is my membership commitment?

There is a three-month commitment; fees are billed monthly. You may cancel your membership at any time after the initial three months.

Can I use the program the same day I enroll?

Yes. A temporary member ID card is available to you online upon completion of your enrollment. You may use it immediately at any participating fitness location.

If you enroll online you will be taken to an enrollment confirmation web page after you complete the enrollment process. The confirmation page includes a printable temporary member card as well as your payment confirmation information.

If you enroll by phone, you will need to log in to **fitnessyourway.healthways.com** to access a printable temporary member card. Once you've logged in, click on "My Account," then "Membership Card," then "Print This Page." Print that page (which will be your temporary member card) and take it to any fitness location in the Healthways Fitness Your Way Program network to get started. (See additional instructions for Anytime Fitness and Snap Fitness under "Member Cards" below.) Remember, you have unlimited access to any fitness location in the network.

Utilizing a gym outside of the Healthways Network

Am I still eligible for the \$150.00 annual membership reimbursement if I use a gym outside of the Healthways Network?

Yes.

How will I earn points towards my \$150.00 contribution?

Since FloridaBlue only receives data from those gyms participating in the Healthways network, you will need to provide proof of your utilization by requesting a monthly visit log from your gym. This information will need to be turned in to your college's wellness program contact every month.

This information will be compiled into a monthly group reported activity file and sent to FloridaBlue for processing.

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