

Enjoy the Freedom of Home Fitness

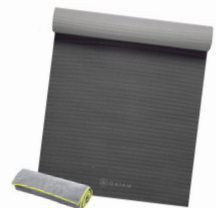
The Fit Rewards program helps you stay active no matter where you live or where you like to work out!

Choose one Home Fitness Kit for only \$10 per benefit year:¹

Fitbit® or Garmin®
Wearable Fitness
Tracker Kit



Beginner Yoga Kit
with a mat and
hand towel



Walking/Trekking
Kit with 2
walking poles



Intermediate/Advanced
Yoga Kit with a yoga strap
and 2 yoga blocks



Pilates Kit with
a Pilates ball
and towel



Beginner Strength Kit
with 3-pound dumbbells
and exercise bands



Beginner Swim Kit
with swimming goggles
and a kickboard



Intermediate Strength Kit
with 5-pound dumbbells
and exercise bands



Advanced Swim Kit
with aquatic resistance
gloves and a pull float



Advanced Strength Kit
with 10-pound dumbbells
and exercise bands



To order your Home Fitness Kit, please visit kp.org/activeandfit².

Once you choose a kit, you will get an online promo code. Follow the instructions on how to redeem the code. Your kit will be mailed to you. Shipping times for kits may vary.

For questions, call us toll-free at 1-877-750-2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

¹Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**.

²The program website is available for members who are 16 years and older. Kaiser Permanente Hawaii members 16 and older are eligible for Fit Rewards.

Kaiser Permanente Fit Rewards is a value-added service and not part of your medical benefits. Your annual program fee does not count toward your health plan's annual out-of-pocket maximum. For details, including limitations and exclusions, see your Evidence of Coverage.

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. (ASH Fitness) through its Active&Fit Enterprise™ program. The Active&Fit Enterprise program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. Active&Fit Enterprise and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Kits are subject to change.