



# Gym Membership and Physical Activity Rewards Terms and Conditions

SelectHealth® in its sole discretion will determine whether program requirements have been met to qualify for rewards and will rely on electronic documentation. SelectHealth 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 SelectHealth online.

Starting in 2020, the gym membership and physical activity rewards program is available to Utah members on Small Employer and Individual plans and Idaho members on Large Employer, Small Employer, and Individual plans.

This rewards program is not available for some types of coverage such as transition or Nation Care 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 or physical activity) 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](http://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 SelectHealth account.

Qualifying for a gym membership reward also requires submitting an online attestation. For auditing purposes, valid receipts should be retained as proof of payment for the gym membership. For the physical activity reward alternative, the member must set up an additional program account with 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 Virgin Pulse allows for entering steps for dates before registration, a member will only be eligible for SelectHealth rewards from the date of registration with Virgin Pulse. 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 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 Idaho members, the total gym membership is limited to \$20 per month for ten months or \$200 per calendar year for an eligible individual, or \$400 per calendar year for multiple eligible family members.

For Utah and Idaho members, total wellness and incentive program rewards for members enrolled in multiple SelectHealth 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, SelectHealth will automatically send VISA Cash cards.

A request to receive a reward for any month of a year must be submitted by the end of the year. Once program conditions have been met for a month(s), SelectHealth will work with vendor partners to make rewards available as soon as possible.

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.