

Get rewarded for exercising



With the "Sweat Equity"™ program, you may earn up to \$200 in 6 months for meeting the program exercise requirements.

What it is

It's our goal to help people live healthier lives. Making exercise a part of your routine may be one of the most important steps you take toward being the healthiest "you." To help you on your way, we've created the Sweat Equity physical fitness reimbursement program.

The program offers a variety of exercises to choose from and the option to combine your fitness facility visits with your physical fitness classes and events to help you reach the required 50 "workouts" in a 6-month period.

Spouses/domestic partners and dependents, ages 13 and older,¹ covered by the group health plan may participate in the Sweat Equity program and may get rewarded — up to \$100 in a 6-month period.



How it works

Eligible members may get reimbursed up to \$200 in a 6-month period.

Spouses and dependent children aged 13 and over may get reimbursed up to \$100 in a 6-month period.

You can apply for reimbursement under the program as long as you:

- Are an active member of an eligible medical plan
- Have gone to the gym and/or exercise classes, as described below, 50 times in 6 months.

Your reimbursement period begins on the date of your first fitness facility visit, class or event and ends 6 months later. You can start a new reimbursement period 1 day after your previous reimbursement period ends.

So many ways to help you get fit and rewarded

Complete 50 visits, 50 classes, 50 fitness events or a mix of these options that add up to 50 in 6 months.

Examples of qualifying fitness facilities and classes:

Boxing/kickboxing	Personal Training
CrossFit	Yoga
Marathons	Standard gym including YMCAs
Martial arts	and community centers where
Pilates	fitness services are offered

Examples of cardiovascular equipment:

Elliptical trainer/cross trainer
Rowing machine
Stair Climber
Stationary bicycle

How to get started

Decide on a cardio (aerobic) workout that you'll enjoy and find a facility with the equipment or classes that promote cardiovascular wellness.³ To get reimbursed, the facility, classes or fitness events you choose must be open to the general public. Then, you just need to start moving to start earning.

What we need from you

After you've completed a total of 50 workouts—either gym visits, classes, fitness events or any mix of these options—in a 6-month period, send us:

1. **Your completed Sweat Equity Program Reimbursement form.**
2. **Proof of your payment** (e.g., receipt, automatic bank withdrawal statement) for the gym fee, as well as any money you paid for qualifying fitness classes and organized group fitness events (e.g., marathon), during the 6-month period.
3. **A copy of the brochure or flier or printout of the website page** that describes the cardio (aerobic) machines at the gym you used, the cardio benefits of the class you took or organized group fitness event in which you participated.

Mail these documents to: UMR, PO Box 30541, Salt Lake City, UT 84130; Phone: 1-800-826-9781

- These documents must be mailed to us (postmarked) no later than 180 days from the end of the 6-month period for which you are asking for reimbursement. Requests postmarked after this date will not be reimbursed.
- We cannot accept requests for reimbursement before your 6-month program end date, even if you have completed the required number of qualifying workouts before this date.

If you are unable to meet the reimbursement requirements of this program, you might be able to earn the same reward in a different way. Call us at the toll-free phone number on your health plan ID card and we will work with you and, if necessary, your doctor, to find another way for you to earn the same reward.

Learn more

¹ Reimbursement is generally limited to the lesser of \$200 (subscriber)/\$100 (covered spouse/domestic partner and eligible dependents ages 13 and older) or the actual amount of the qualifying fitness costs per 6-month period, but the reimbursement may vary by plan. For the subscriber's spouse/domestic partner and dependents to be eligible for this benefit, they must also be enrolled in the medical program. Refer to your UMR benefit documents or check with your company benefits administrator to confirm eligibility and find out how much you may be reimbursed. You may submit a request for reimbursement under the program once every 6 months. Requests for reimbursement will not be accepted before your 6-month program end date, even if you have completed the required number of qualifying workouts before this date. Rewards may be taxable. Consult with an appropriate tax professional to determine if you have any tax obligations from receiving reimbursement under this program.

² To be eligible for reimbursement under the program, the qualifying facility, class or organized group fitness event (e.g., marathon) that you choose must be available to the general public and promote cardiovascular wellness, as determined by us, and have staff supervision. Memberships in tennis clubs, country clubs, social clubs, sports teams, weight loss clinics or spas or any other similar organizations, leagues or facilities will not be reimbursed. You will not be reimbursed for lessons, equipment, clothing, vitamins or other services that may be offered by the facility (e.g., massages). Reimbursement is limited to actual workout visits. Physical and rehabilitative therapies do not apply.

³ Sweat Equity is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program.