

Effective 1/1/21 - (ASH) Gym Reimbursement Program Update - Online, Virtual Classes

- Online, virtual, at-home workout classes, live streaming, etc., classes will be accepted and counted toward Fitness Center visits.
- Recognized online/virtual, at-home workout classes, live streaming classes are defined as one that exists for the primary purpose of improving or maintaining physical health and requires a membership fee to be billed monthly, annually or semi-annually. Examples include:
 - Online/virtual, classes purchased individually or on a monthly basis or as part of a membership (such as yoga, Tai Chi, Pilates).
 - Peloton or live ride all-access membership.
 - Connected at-home boxing fitness on-demand.
 - UFC Gym Online classes.
 - Crunch Live online workouts.
 - Nordic iFit Interactive Training at home (treadmills, bikes, ellipticals, strength, rowers).
 - Home work-ins live online streamed or pre-recorded.
 - Anytime Fitness, Coach Care Connect.
 - Curves workouts.
 - Orangetheory Fitness, 30-minute workouts.
 - YMCA membership - YMCA 360 on demand videos (Yoga, Bootcamp, Barre, Core Conditioning, Dance Fitness, Pilates, Cycle, Weightlifting, Tai Chi, Y Box).

Exclusions/Limitations:

- Covered Individuals are not eligible for reimbursement if this service is an amenity that has been included in the covered members rent or living unit fee such as an apartment gym.
- Additional services such as initiation fees, childcare services, recreational pool use, spa fees, purchase (or rental) of home exercise equipment, and personal training do not qualify for reimbursement.

15 Plaza Drive | Latham, New York 12110

- **Member Reimbursement Submission Requirements:**
 - Covered Individuals attending online, virtual, at-home classes, live streaming classes must submit the following with each (Online/Virtual) Reimbursement Request:
 - 1. Gym reimbursement form** (Including timeframe submitting for reimbursement)
 - 2. Proof of virtual classes/activity**
 - Print screens (screen capture) showing attendance.
 - Printed visit/attendance log from facility providing the virtual classes/activity.
 - *or* a combination of the above.
 - 3. Proof of payment** (receipt or credit card statement)

(Note: Fitness Facility Member Verification Form – Not required for online/virtual classes.)

- **Two Ways to submit reimbursement requests:**
 1. Email: fitness@exerciserewards.com, Use subject line: Gym Reimbursement Request, Include electronic and scanned copies as attachments.
 2. Send printed/hard copies to: Gym Reimbursement, P.O. Box 50911, San Diego, CA 92150-509117.