



# Fitness Reimbursement Program



## WHAT IS A FITNESS REIMBURSEMENT PROGRAM?

A Fitness Reimbursement Program is a benefit offering that reimburses employees for certain health and fitness expenses which encourages them to live a healthy lifestyle. The employer determines the type of fitness related expenses that can be reimbursed.

Below are some common fitness expenses that can be reimbursed:

- Gym, fitness center/studio, health club, swim & tennis club memberships and fees
- Fitness and nutrition counseling
- Fitness and sports classes/lessons
- Personal trainer sessions
- Martial arts instruction
- Sports league or team fees
- Weight loss and smoking cessation programs, including memberships
- Yoga, Pilates, Zumba®, and meditation classes
- Kickboxing and Crossfit®
- Virtual Fitness Classes

*See back side for frequently asked questions about the Fitness Reimbursement Program.*

# FITNESS REIMBURSEMENT PROGRAM FREQUENTLY ASKED QUESTIONS

## 1. How can employees view their benefit amount?

Employees can access their available benefit amount on NetBenefits® by selecting the Flexible spending and reimbursement accounts tile. They can also view their benefit amount and the last 30 days of account activity.

## 2. How will employees find out what expenses can be reimbursed under the Fitness Reimbursement Program?

The employer will provide details to the employees on what expenses can be reimbursed.

## 3. How do employees file a claim for eligible fitness expenses?

Employees can log on to NetBenefits® and select Flexible spending and reimbursement accounts tile. Then select Reimburse yourself for other expenses tile and submit supporting documentation.

## 4. How long will it take for employees to be reimbursed for a claim?

Claims processing takes approximately six to eight weeks from the date of submission. The employer will receive reporting so the reimbursement can be made through the normal payroll distribution process.

## 5. What is the maximum reimbursement amount from the Fitness Reimbursement Program?

The employer determines the amount of the fitness reimbursement benefit.

## 6. Who can employees contact with questions about how to submit a claim for the Fitness Reimbursement Program?

Employees can log on to NetBenefits® or call 833-299-5809 Monday to Friday from 8 a.m. to 8 p.m. EST.

