



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.

