TakeCare℠
A TanHoldings Company

2027

FEHB Fitness Partner Membership[1] FAQ

About the Package

1. Has TakeCare offered the Supplemental Wellness Package before?

Yes, initially launched in 2015 we have revamped the program regularly to better serve our members.

2. Do I need to enroll in a new program to participate in the Fitness Incentive Plan?

All new and current PSHB Members will have access to the Fitness Incentive Plan through the Supplemental Wellness Package. Enrollment into the Supplemental Wellness Package is automatic when you are enrolled in one of TakeCare's medical plan options **(High, Standard, HDHP)**.

3. When do the Package benefits go into effect?

January 1, 2027 – if you are enrolling or renewing during Open Season. If you are enrolling outside of Open Season, the Package benefits go into effect the 1st of the month following the date you enrolled.

Cost & Cost Waiver

1. Does the Fitness Partner Membership have a cost?

Yes, the Fitness Partner Membership is $50 per member per month.

This **cost is waived** when you enroll in any of the Options **(High, Standard, HDHP)** offered by TakeCare Insurance for the benefit year 2027.

The cost waiver is **terminated** if you do not complete the utilization requirement of 10 Fitness Stamps per month for 2 consecutive months. If this occurs, you will have the following choices:

1. Pay $50 per month for the remainder of the benefit to keep your Fitness Partner Membership
2. Do not pay the monthly fee, understanding that **(a)** your Fitness Partner Membership will be terminated and,
   (b) you may be responsible for any termination fees at your selected Fitness Partner.

Once terminated, there is no reinstatement of the cost waiver for the remainder of the benefit year.
The cost and participation requirements are waived for dependents 17 years old and younger.

Choosing a Fitness Partner

1. How do I choose a Fitness Partner?

Click here to access the online fitness partner enrollment form. If you're unsure of your preferred Fitness Partner, you may make your selection any time during the benefit year by calling our Customer Service Office at (671) 646-3526.

2. Can my spouse and children select different fitness partners?

Absolutely! Each person may choose their preferred Fitness Partners. We recommend contacting the Fitness Partner to inquire about their facilities, services, and age restrictions.

[1] The TakeCare Fitness Partner Membership is not part of the FEHB contract or premium, and you cannot file an FEHB disputed claim about them. Any fees you pay for these services do not count toward FEHB deductibles or catastrophic protection out-of-pocket maximums. These programs and materials are the responsibility of TakeCare, and all appeals must follow its guidelines.

3. Can I choose more than one Fitness Partner?
No, you may only select one Fitness Partner.

4. What does my Preferred Fitness Partner offer? Are there any additional costs?
TakeCare covers a basic membership with our Fitness Partners. Some Fitness Partners offer membership upgrade options, however, TakeCare does not cover additional fees for these services. Also, TakeCare does not cover registration or enrollment fees, cancellation fees, uniform fees, etc. For more information about the membership offerings, please contact your Preferred Fitness Partner directly.

Click here to view the list of Fitness Partners and membership details.

Enrolling, Switching & Renewing

1. I'm already enrolled with a Fitness Partner, do I need to re-enroll for next year?
Your Fitness Partner selection will roll over to the next year if you do not want to make any changes. However, you must re-enroll with your selected Fitness Partner to reactivate your membership. If you would like to make any changes, click here to complete the online fitness partner enrollment form.

2. Can I switch Fitness Partners during the benefit year?
You may switch Fitness Partners during the benefit year if you did not activate your Fitness Partner membership. Once activated, you are no longer able to switch to another Fitness Partner.

3. If this program is selected, what happens to my existing fitness partner membership contract?
Members are advised to cancel their existing fitness partner membership contracts, if possible, and take advantage of the no-cost or discounted fitness partner fees available through our supplemental coverage.

If the contract can't be terminated mid-term, you can still take advantage of the Fitness Incentives. When your contract does terminate, you can avail of the Fitness Partner Membership Program. Contact Customer Service to select your Fitness Partner.

Activating Your Membership

1. How do I activate my Fitness Partner Membership?
If you enrolled during Open Season, **on or after January 1, 2027** - visit your selected Fitness Partner and present your TakeCare Member ID number and photo ID. Your TakeCare Membership ID number is available on the TakeCare Mobile App, TakeCare Membership Card, or you may call Customer Service at (671) 647-3526 to request your ID number.

If you enrolled outside of Open Season, follow the instructions above beginning the 1st of the month following your enrollment date.

Your selected Fitness Partner will activate your membership using TakeCare's Fitness Partner Online Gym Portal.
Note: you will be required to complete registration forms with your selected Fitness Partner

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Earning & Tracking Fitness Stamps

1. How do I earn Fitness Stamps? Are there limitations?

You can earn Fitness Stamps for each visit to your selected Fitness Partner or any TakeCare Fitness Partner, each TakeCare Group Fitness Classes, or Self-Reported Fitness Activity. Each visit or workout must be at least 30 minutes and no more than 2 fitness stamps can be earned per day, regardless of facility or activity.

2. How do I get Fitness Stamps for my Fitness Partner visits and fitness activities?

TakeCare Mobile App

Afer your workout, present your virtual Fitness Stamp Card on the TakeCare App to the Fitness Partner attendant who will validate your visit. Download the TakeCare App from the **App Store** or **Google Play**. The TakeCare App is the recommended way to receive Fitness Stamps.

Paper Fitness Stamp Card

Afer your workout, the Fitness Partner attendant can provide a stamp for your visit. When using Paper Fitness Stamp Cards, you must submit a completed card within 5 days afer each month's end to receive credit toward your 2 consecutive month requirement. Failure to submit the cards on time may cause you to lose the Program cost waiver (*see No. 9*).

Self-Reported Fitness Activities

3. Can I earn Fitness Stamps from other activities like walking, running, biking, swimming, etc?

Yes! You can earn Fitness Stamps for approved activities of at least 30 minutes. Simply track your activity using your preferred Fitness App, complete the online form, and upload a screenshot of your workout/activity details.
Click here to learn more and submit your fitness activities.

Self-Reported Fitness Activities and Fitness Partner visits can be combined to meet the monthly requirement of 10 Fitness Stamps.

4. I understand the TakeCare Group Fitness Program, Charles King Fitness Center (NBG), Coral Reef Fitness Center (AAFB), and Self-Report Fitness Activities can act as "wild cards." How does this work?

Regardless of the Fitness Partner you've selected, your workouts at these fitness centers can be counted toward meetng your monthly requirement of 10 Fitness Stamps for incentives and utilization.

For example - you've worked out at your chosen Fitness Partner 8x and the TakeCare Group Fitness Program 2x. Between the two, you've met your monthly requirements incentives and utilization. No more than 2 fitness stamps can be earned per day, regardless of facility.

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