

# PreferredOne<sup>®</sup> Fitness Advantage



## SAVE MONEY WHILE YOU WORK OUT!

Eligible PreferredOne members\* who work out 8 times a month at participating fitness facilities can receive up to \$20 per month and up to \$40 per month if one covered dependent also signs up and works out 8 times a month (must be 18 years or older).

### Fitness Advantage Network

For a complete list visit  
[PreferredOne.com/fitnessadvantage](http://PreferredOne.com/fitnessadvantage)

- Anytime Fitness
- Curves for Women
- Fitness 19
- LA Fitness\*\*
- Life Time Fitness
- Participating Community Centers
- Planet Fitness
- Snap Fitness
- Xperience Fitness\*\*
- Participating YMCAs
- And hundreds more throughout the PreferredOne service area

## HOW TO SIGN UP FOR FITNESS ADVANTAGE

- 1 Have your PreferredOne member ID card ready, then visit [PreferredOne.com/FitnessAdvantage](http://PreferredOne.com/FitnessAdvantage) to find a fitness facility near you. Print out and complete the Fitness Advantage enrollment form.
- 2 Bring your PreferredOne member ID card and the completed Fitness Advantage enrollment form to your participating fitness facility and have a representative from the fitness facility sign and date the form. Once identified in the fitness facility's system as a PreferredOne member, you are in the program. Keep a copy of the form for your records. You do NOT need to send in a copy of the form to PreferredOne as Fitness Advantage fitness facilities will contact us with your monthly usage.
- 3 Begin working out.

\* Eligibility is defined as those members who have a PreferredOne Administrative Services ID card and are 18 years or older.

\*\*If you are a member of LA Fitness or Xperience Fitness, go to [www.fitnessdoespay.com/preferredone](http://www.fitnessdoespay.com/preferredone) to enroll.

PreferredOne<sup>®</sup>

FITNESS ADVANTAGE



## Frequently Asked Questions

### **What fitness facilities are part of the PreferredOne Advantage network?**

PreferredOne's Fitness Advantage program includes major fitness facilities in Mpls/St. Paul and many independent facilities throughout the PreferredOne service area. Go to [PreferredOne.com](http://PreferredOne.com) to view participating fitness facilities.

### **How many times do I need to visit my participating fitness facility each month to receive the \$20/month?**

You need to work out 8 or more times a calendar month. Multiple visits within the same day count as only one visit.

### **Can I get another \$20/month for a dependent?**

One covered dependent (must be 18 years or older) may also enroll in the program. The dependent need not enroll in the same facility as the employee, and must complete a separate enrollment form.

### **Where do I get the Fitness Advantage Enrollment Form?**

Visit [PreferredOne.com](http://PreferredOne.com) to access and print out the Fitness Advantage enrollment form.

### **How will I receive \$20/month?**

Your fitness facility determines how you receive your \$20/month. Methods range from a reduction in future membership dues to direct deposit.

### **What if I prepay my fitness facility dues?**

Your fitness facility must convert your fees into a monthly equivalent when submitting your activity. The same goes with family memberships as they must be converted into individual levels if you and a dependent are participating.

### **What if my dues are less than \$20/month?**

The Fitness Advantage credit is your reported monthly dues, not to exceed \$20.

### **What if I decide to change fitness centers or I am a member of more than one facility?**

The Fitness Advantage program offers the \$20/month to no more than one fitness facility per individual per month. In situations of transitioning from one fitness facility to another or being a member at more than one fitness facility, it is your responsibility to make sure the fitness facility you are active with is the only facility submitting information.

### **What happens if I terminate PreferredOne?**

Upon terminating PreferredOne medical coverage, you will forfeit any unapplied discounts.

### **What happens if I terminate membership at my facility?**

Upon terminating membership at a fitness facility, you will forfeit any unapplied discounts.

For more information: Call 763.847.4477 or 1.800.997.1750 or visit [PreferredOne.com](http://PreferredOne.com)