

# Frequent Fitness and GlobalFit



## Get healthy, save money

HealthPartners offers members two ways to get healthy and save money. Try our Frequent Fitness reimbursement program and the GlobalFit membership discount program. With hundreds of clubs to choose from, you will get a great deal, at a great club.

### Frequent Fitness

Save \$20 on your club membership when you work out 12 times or more each month. Participating clubs include most local and national franchises, community centers and YMCA and YWCAs. Please go to [healthpartners.com/frequentfitness](http://healthpartners.com/frequentfitness) for an up to date list.

#### What to do:

- 1 Sign up.** Join a participating health club and sign up for Frequent Fitness at the front desk. Show your HealthPartners Member ID card so your health club can track your workouts to credit your account. Your membership representative can let you know if their club requires any member online sign up (clubs vary).
- 2 Work out.** Exercise at least 12 days a month (only one workout per day counts). All workouts must occur in the same month; you can't make up workouts from the previous month.
- 3 Get paid.** Your health club membership account is reimbursed six to eight weeks after your monthly workouts. For example, February workouts are reimbursed in April. Each eligible adult's workout days are tracked on his or her individual membership account.

#### Who's eligible?

Any HealthPartners member of participating employer groups over the age of 18 can join Frequent Fitness. A maximum of two individuals per household can participate.

### GlobalFit

With GlobalFit, you choose from different membership options and save on new member fees. GlobalFit offers up to 60 percent off your monthly dues for new memberships when you sign up on their website. Plus, you can use GlobalFit's online weight-loss programs, exclusive discounts on home exercise equipment, health coaching and more.

Go to [globalfit.com](http://globalfit.com) for more information and for a complete list of participating clubs and facilities.

#### What to do:

- 1 Find a club.** Visit [globalfit.com/healthpartners](http://globalfit.com/healthpartners) and enter your ZIP code.
- 2 Select your club** from the search results.
- 3 Register for a FREE account** and select the type of membership you want — or request a guest pass from a club you want to try out. Note: you must join the club/facility through [globalfit.com](http://globalfit.com) to get the discount.

#### Who's eligible?

The GlobalFit program is open to your immediate family members, including your spouse and dependent children (ages 18-23) who are in school or living at home. There is a limit of one family membership per household. For more program details, visit [globalfit.com/healthpartners](http://globalfit.com/healthpartners).



Find more information and all participating clubs at the "Healthy Discounts" section on [healthpartners.com](http://healthpartners.com).

The HealthPartners family of health plans are underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.

Frequent Fitness program eligibility is limited to members, age 18 years or older, of HealthPartners senior or individual medical plans and members of participating employer groups. Some restrictions apply. Termination of HealthPartners coverage or termination of club membership results in forfeiture of any unpaid incentive. See participating club locations for incentive program details. GlobalFit eligibility is limited to immediate family members, including spouse and dependent children under the age of 23 in school or living at home. Limit of one family membership per household. Some restrictions apply. See [globalfit.com](http://globalfit.com) for program details. HealthPartners reserves the right to modify or discontinue its discount programs at any time.  
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