

Enjoy the Freedom of Home Fitness

No matter where you live or where you like to work out, the Fit Rewards program helps you stay active. Enjoy one Home Fitness Kit for only \$10 per benefit year.†

Choose one kit from the following:

Fitbit® Wearable
Fitness Tracker Kit



Beginner Yoga Kit
with a mat and
hand towel



Garmin® Wearable
Fitness Tracker Kit



Intermediate/Advanced
Yoga Kit with a yoga strap
and 2 yoga blocks



Pilates Kit with
a Pilates ball
and towel



Beginner Strength Kit
with 3-pound dumbbells
and exercise bands



Beginner Swim Kit
with swimming goggles
and a kickboard



Intermediate Strength Kit
with 5-pound dumbbells
and exercise bands



Advanced Swim Kit
with aquatic resistance
gloves and a pull float



Advanced Strength Kit
with 10-pound dumbbells
and exercise bands



To order your Home Fitness Kit, please visit kp.org/activeandfit².

Once you choose a kit, you'll receive an online promo code and instructions on how to redeem it. Your kit will be mailed directly to you. Shipping times for these kits may vary.

For questions, call us toll-free 1-877-750-2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

¹Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**.

²The program website is available for members who are 16 years and older. Kaiser Permanente Hawaii members 16 and older are eligible for Fit Rewards.

Kaiser Permanente Fit Rewards is a value-added service and not part of your medical benefits. Your annual program fee does not count toward your health plan's annual out-of-pocket maximum. For details, including limitations and exclusions, see your Evidence of Coverage.

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