



Plan Certificate



Complementary Care Rider



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An Independent Licensee of the Blue Cross and Blue Shield Association

HAWAI'I MEDICAL SERVICE ASSOCIATION

The Active&Fit Enterprise™ Program Benefit Rider

This Rider provides coverage that supplements the coverage provided in HMSA's Guide to Benefits, which describes the benefits covered under your medical plan. Your coverage under this Rider starts and ends on the same dates as your medical plan coverage. All definitions, provisions, exclusions, and conditions of HMSA's Guide to Benefits shall apply to this Rider.

You are eligible to receive the following benefits:

The Active&Fit Enterprise Program – Covered

You and your covered dependents age 16 and older are eligible for the Active&Fit Enterprise program as described below. Talk to your doctor before you start or change your exercise routine.

- **Fitness Center Membership.** Annual membership at a participating Active&Fit Enterprise fitness center. To find a list of participating fitness centers, visit the Active&Fit Enterprise website or contact the Active&Fit Enterprise program via the number listed on the last page of this Rider. You may request to change Standard fitness centers once a month. You may enroll in multiple Premium fitness locations, each with a monthly fee. Monthly fees may apply, depending on the fitness center you choose. You have access to a wide range of locations and services based on your budget and workout needs. **Please note:** Fitness center participation may vary by location and is subject to change. You are responsible for paying any fees associated with upgrading your fitness center membership, or for using any non-standard services or amenities that require separate, non-standard fees; and
- **Home Fitness Kit.** Choose one Home Fitness Kit each calendar year from options that include a wearable fitness tracker or exercise equipment. Members can go to the Home Fitness Kits page on the Active&Fit Enterprise website to explore the selection of available kits. Follow the instructions on the Active&Fit Enterprise website to receive your promotional code. Once you have redeemed the code online through a third-party vendor website, your kit will be mailed directly to you. Once selected, kits cannot be exchanged. Shipping times for these kits may vary. Kits are subject to change. Contact the Active&Fit Enterprise program for assistance with selecting your kit. Contact information can be found on the last page of this Rider.
 - Choose one of the following kits:
 1. Fitbit® Wearable Fitness Tracker Kit
 2. Garmin® Wearable Fitness Tracker Kit
 3. Pilates Kit
 4. Beginner Strength Kit
 5. Intermediate Strength Kit
 6. Advanced Strength Kit
 7. Beginner Swim Kit
 8. Advanced Swim Kit
 9. Beginner Yoga Kit
 10. Intermediate/Advanced Yoga Kit
 11. Walking/Trekking Kit

For ages 18 and older, the following are also available at www.ActiveandFit.com:

- The Active&Fit Connected!™ tool for tracking activity on wearable fitness trackers and mobile apps. **Please note:** You are responsible for the cost of purchasing additional apps or wearable fitness devices. Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. to receive information about your tracked activity.

- An online newsletter 4 times a year.
- A variety of on-demand workout videos on the Active&Fit Enterprise website and workouts on YouTube and Facebook, and Workout Plans to help you start an exercise routine.

Your Payment Obligations Annual Deductible

- Your annual deductible does not apply to the Active&Fit Enterprise Fitness Center Membership or Home Fitness Kit.

Member Fees

- **Fitness Center Membership.** \$75 Annual Member Fee. Enroll with and pay your Annual Member Fee directly online at www.ActiveandFit.com or call the Active&Fit Enterprise program at the number listed on the last page of this Rider.
- **Premium Fitness Choices.** We have expanded our Active&Fit Enterprise program in Hawaii to include additional options, like full-service fitness centers, studios, and unique fitness experiences. Buy-up fees vary at a monthly fee of \$30 – \$200, depending on the chosen fitness location. Your credit card will be charged monthly based on your choice. Log in to www.ActiveandFit.com to see the options in your area.
- **Home Fitness Kit.** \$10 Annual Member Fee. Pay your Annual Member Fee directly online at www.ActiveandFit.com or call Active&Fit Enterprise Customer Service and select your kit.

Please note: the following applies to the Annual Member Fee:

- The Annual Member Fee cannot be refunded.
- The Annual Member Fee is required each calendar year renewal.
- The Annual Member Fee is required for participation in the Standard and/or Premium network.

Annual Copayment Maximum

- Annual member fees for the Fitness Center or Home Fitness program do not apply toward meeting the Annual Copayment Maximum.

Services Not Covered

The following services are not covered:

- Services or supplies provided by any person, company, or provider other than a participating Active&Fit Enterprise fitness center.
- All education materials other than those produced for the Active&Fit Enterprise program by American Specialty Health Incorporated.
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids; vision support devices.
- Program services or products for individuals other than the Active&Fit Enterprise member.
- All listening devices including, but not limited to, audiotape and CD players.
- Services for members with serious medical conditions for which Active&Fit Enterprise services are not appropriate.
- Fitness devices and applications that require a fee are not reimbursed by the Active&Fit Enterprise program.
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it is recommended, prescribed or supplied by a health care provider, fitness center, or program.

Definition

Calendar year means the period beginning on January 1 and ending on December 31 of any year.

Contact Information

The Active&Fit Enterprise Program

Phone: 1-888-354-4934, Monday through Friday, 8 a.m. to 5 p.m.
Hawaii Time

Website: www.ActiveandFit.com

The Active&Fit Enterprise program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit Enterprise and Active&Fit Connected! are trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners.

Serving you

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to hmsa.com/contact before your visit.

HMSA Center in Honolulu

818 Keeaumoku St.

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Hilo

Waiakea Center | 303A E. Makaala St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center in Kahului

Puunene Shopping Center | 70 Hookele St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Office - Lihue, Kauai

4366 Kukui Grove St., Suite 103

Monday–Friday, 8 a.m.–4 p.m.

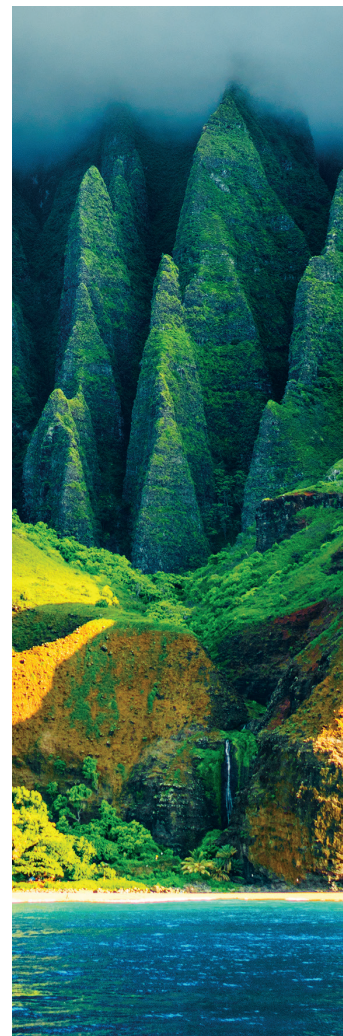
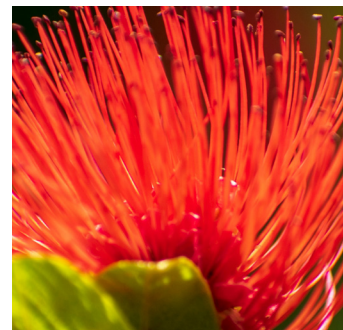
Contact HMSA. We're here with you.

Call (808) 948-6111 or 1 (800) 776-4672.

hmsa.com



@hmsahawaii



Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.

