

Exercise regularly? Get rewarded with Horizon**bFit**SM

Horizon**bFit**SM uses the free ActiveFit mobile app to make syncing your step count and reporting gym visits easy.

Earn up to **\$240** toward your gym membership each year!

Horizon**bFit**SM enrollees are eligible to receive a \$20 incentive for every month they:

- ▶ visit their selected fitness facility 12 days or more;
- ▶ walk 10,000 steps a day for at least 12 days a month;
- ▶ report your at-home workouts 12 days a month using the Fit-At-HomeSM feature in the app;
- ▶ or complete any combination of visiting a fitness facility, walking 10,000 steps and/or reporting at-home workouts for a total of at least 12 days a month.

Enrolling is free and easy!

Visit HorizonbFit.com and:

1. Verify your eligibility using your member ID number to set up your account.
2. Select a participating facility or nominate one for the network.
3. Set up your secure account.
4. Select your preference for reporting visits.
5. Let your fitness center know that you are now enrolled in the **bFit** program (if you plan to report gym visits).

Once your online enrollment is confirmed and you've let your fitness center know, you'll start earning \$20 for every month you accomplish 12 days of any of the activities mentioned above.

If you are eligible for Horizon**bFit**, your dependents age 18 and older covered under your Horizon BCBS plan are eligible to be enrolled in the program.

Staying fit from home

ActiveFit's Fit-At-Home feature provides a simple way for you to report your at-home workouts. To validate your at-home activity, submit your post-workout selfie by following these easy steps:

- Locate the *Fit-At-Home* option in the main menu in ActiveFit.
- Tap the *Get Started* button to open your camera and take a post-workout selfie.
- Once you preview your photo, click *Upload*.

The photo, along with a geo-location time stamp, allows your activity to be reviewed and approved. Please allow 24 to 48 hours for your activity to be accepted.

For questions on the Horizon**bFit**SM program, call 1-201-351-7850, ext. 1.