



# Exercise regularly and get rewarded!

At home, the gym or walking anywhere



## How to earn rewards

HorizonbFit is Horizon's fitness incentive program for covered members 18 years of age and older. Track your activity to earn a \$20 reward each month:

- Work out at home 12 or more days a month, and record and submit your workout using the ActiveFit@Home™ feature on the ActiveFit® app; or
- Walk 10,000 steps a day for at least 12 days a month; or
- Complete any combination of the above activities for at least 12 days a month.

**You can earn up to \$240 per year in rewards!**

## Tracking your steps and activity

HorizonbFit has a free mobile app<sup>1</sup> called ActiveFit, which makes it easy to report trips to the gym. When the app is open, it uses GPS and Bluetooth services to detect when you enter a participating gym. ActiveFit will automatically log the visit toward your monthly incentive — there's no additional tracking!

You can also use ActiveFit to:

- Find participating facilities.
- View which facilities you've visited and when.
- Access incentive payment information.
- Track your steps and receive motivational messaging to keep your workouts on track.

You can download ActiveFit for free from the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.

## [HorizonbFit.com](https://horizonbfit.com)

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## Staying fit from home

The ActiveFit@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 ActiveFit@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.

Note: Photos submitted for a date other than the day the photo was taken will be placed in a pending status and may not be accepted. Please ensure that you have downloaded and installed the latest version of the ActiveFit app.

## How to enroll

Enrolling is free and easy at [HorizonbFit.com](https://horizonbfit.com) — just use your Horizon member ID number to set up your account. If your fitness facility does not participate with HorizonbFit, you can nominate it for inclusion. If you have questions about the HorizonbFit program or ActiveFit@Home, call **1-201-351-7850**, option 1.

<sup>1</sup>There is no charge to download the app, but rates from your wireless provider may apply.