



Exercise regularly and get rewarded!

From home, the gym or walking anywhere

How to earn rewards

When you enroll in **HorizonbFit**, Horizon Blue Cross Blue Shield of New Jersey's (Horizon BCBSNJ) fitness incentive program, you can earn a \$20 reward for every month in which you:

- Work out at home 12 or more days a month, and record and submit your workout using the Fit-At-HomeSM feature; or
- Walk 10,000 steps a day for at least 12 days a month; or
- Visit one of 4,000 participating fitness facilities 12 or more days a month; or
- Complete any combination of visiting a participating facility, working out at home or walking 10,000 steps for a total of at least 12 days a month.

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

Tracking your steps and activity

ActiveFitTM, **HorizonbFit**'s free mobile app, makes syncing your step count and tracking your gym visits easy. When ActiveFit is running, it imports your step count from a compatible wearable device (like a wristband fitness tracker) or mobile app. ActiveFit can also detect when you've entered a participating gym and logs the visit toward your monthly incentive.

Whether you're walking or hitting the gym, ActiveFit does the tracking for you. Download the app for free¹ from the App Store[®] or Google PlayTM.

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 and you're happy with it, 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 Fit-At-Home 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**. You can verify your eligibility using your 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 are eligible for **HorizonbFit**, your dependents age 18 and older and covered under your Horizon BCBSNJ plan are too. If you have questions about the **HorizonbFit** program or Fit-At-Home feature, call **1-201-351-7850**, option 1.

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

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