

# Go to the Gym. Work Out. Get Rewarded!



## San Mateo County Schools Insurance Group (SMCSIG) Get Fit Rewards Program

The SMCSIG Medical Consortium is excited to announce the Get Fit Rewards Program is continuing on for the 2024 year. This program rewards our members for going to the gym (or doing workouts at home) and staying healthy.

In 2024, we will be offering a tiered program with \$25 and \$50 rewards:

- Complete a gym workout or home workout **12x** per month and you'll get a **\$25 gift card reward** each month. Available for the first 75 who qualify each month!
- Complete a gym workout or home workout **20x** per month and you'll get a **\$50 gift card reward** each month. Available for the first 75 who qualify each month!

**You must submit your gym session on the form. Only one workout session will count per form submission.**

**SPECIAL GRAND PRIZE INCENTIVE - Those who complete 12 workouts or more for 8 of the 12 months in 2024 will be entered in the Grand Prize Drawing for an extra \$100 gift card.**

### Program Rules:

1. You must be enrolled in the SMCSIG Medical Consortium and on one of the SMCSIG medical plans to be eligible to participate in this program. **Only employees who are enrolled in the SMCSIG medical benefits are eligible to participate and earn rewards. Spouses and dependent children are not eligible to participate in this program.**
2. Complete a gym workout or home workout. (We encourage you to get at least 30 minutes of physical activity during your workout, but if you're doing a shorter, high-intensity interval workout, that can count as well.)
3. Submit your workout on this form: <https://forms.gle/NRUkFK4DhcdpdEaFA>  
(Please use Google Chrome browser if having trouble accessing the link.)
4. You can only submit one workout per day on the form. Submit a new form for each workout you do.
5. For each month, you must submit your workout submissions by 11:59 PM PT on the last day of the month for them to count towards your workout total. If you submit a workout for the month after the month has ended, then it will not count towards your total.

**To submit your workout, scan the QR code and fill out the form or visit the link below! This will be the form that we use for the remainder of 2024. Please save this link in your favorites.**

<https://forms.gle/NRUkFK4DhcdpdEaFA>

(Please use Google Chrome browser if having trouble accessing the link.)



# Frequently Asked Questions

**Q: Why are you offering this program?**

**A: SMCSIG wants to encourage its members to be healthy and physically active.** The idea is that the \$25/\$50 gift card is a reward/fitness reimbursement for the month. This rewards program will continue each month for all of 2024.

**Q: I like to work out twice per day. Can I count both workouts towards my monthly total?**

**A: Only one workout will count per day.** You can certainly work out twice per day if you want, but please only submit one form per day. You will get a confirmation email every time you submit the form to let you know it has been received. If you do not receive a confirmation email, please make sure you have entered your email correctly. If you have any questions about the number of workouts you have logged each month, you can contact [KeenanWell@keenan.com](mailto:KeenanWell@keenan.com) for support.

**Q: Does everyone who submits 12/20 workouts or more in a month receive a gift card?**

**A: The first 150 (75 in each category) who submit their workouts will earn the gift card prize.** We encourage you to keep up with submitting your workouts each day, if possible, so that you do not forget. You can certainly backlog and submit multiple forms on the same day, but if it's towards the end of the month, you may not be in the first 150 people to qualify for the reward.

**Q: Can I win a gift card prize every month?**

**A: Yes, if you submit 12/20 workouts each month (and are within the first 75 who submit workouts), then you will earn a gift card each month.** Please note: The gift cards will be sent to your District Office, and you will be able to pick them up there once they are available.

**Q: I don't go to a gym, but I have workout equipment at home that I use. Or, I don't go to a gym, but I like to run or cycle outside. Can home workouts count for this program?**

**A: Gym workouts and home workouts can count towards your monthly total.** Home workouts can include using your home workout equipment (Peloton or stationary bike, dumbbells, weights, etc.), walking or running outside, walking or running on a treadmill, riding your bike outside, or doing a virtual fitness class, like yoga or high-intensity interval training.

**Q: When and how will I receive my gift card?**

**A: You will receive your gift card prize by mid-month of the month after.**

For example, those who submit their workouts for the month of April will receive their prize by mid-May. You will be instructed to pick up your gift card at your District Office once the gift cards are available each month.

*Please note: Gift cards may be taxable by the IRS as employee income.*

**For questions, please email KeenanWell (Fit Rewards Program Coordinator) at [KeenanWell@keenan.com](mailto:KeenanWell@keenan.com)**

The 2024 Get Fit Rewards Program is sponsored by the San Mateo County Schools Insurance Group (SMCSIG) Medical Consortium.

