

## 2017 Fitness 100 Program Summary

Visit an approved Advocate Fitness Center 100 times by December 8! You must be an active member and check-in to fitness center in order to track visits. Approved Fitness Centers include: *Good Samaritan Wellness Center, Good Shepherd Fitness Center, Lutheran General Fitness Center, Condell Centre Clubs, BroMenn Health & Fitness Center, ACL Fitness Center, and APP Fitness Center.* During enrollment on your Healthe Rewards page you must select which Advocate Fitness Center you are a member at so visits can be properly tracked.

EPO/PPO participants must complete the following to earn their \$400 Healthe Rewards Credit:

- Health Risk Questionnaire (HRQ)
- An Initial Healthe Measures Screening
- 100 visits to an approved Advocate Fitness Center by 12/8/17
- 'My Diet and Good Health' and 'Achieving a Healthier Weight' online courses and score an 80% or higher on the course quiz by 12/8/17

**Please note: If you select this support program an email will be sent to you with more information on program steps. You will not be able to switch programs once you enroll.**