



---

# Frequent Fitness Program

Reward your body and wallet - get up to \$20 back each month for working out

## How the program works

- **Step 1.** Verify program eligibility (South St. Paul Schools does participate in the program)
- **Step 2.** Pick a participating gym (link below to find a participating gym).
- **Step 3.** Sign up - show your HealthPartners member ID card at the gym's front desk.
- **Step 4.** Work out at least 12 times each month.
- **Step 5.** Get paid up to \$20 for each month you hit your goal of 12 workouts. Your reimbursement arrives six to eight weeks after the month ends.

Link to find participating gyms: [Frequent Fitness Participating Gyms](#)

**Important Note:** Frequent Fitness Reimbursements earned in the calendar year are subject to federal income and employment taxes, including federal income tax withholding, FICA (Social Security and Medicare), and W-2 reporting requirements. For employees who participate in this program, taxes for the year will be withheld at the end of calendar year or upon termination of employment.