



Fitness Rewards Program Frequently Asked Questions

Updated August 2021

Q: What is the OhioHealth Fitness Rewards Program?

A: Exercise is an important part of a healthy lifestyle. The OhioHealth Fitness Rewards Program is a great way for you to stay fit and healthy. Associates enrolled in one of the OhioHealth medical plans or Opt-in to Wellness can earn back up to 100 percent of their membership dues, depending on how many times the associate visits the respective facility. For more information about the specific facilities, click the links below:

- McConnell Heart Health Center
- Grant Health and Fitness Center
- Blom Administrative Campus Fitness Center
- Berger Fitness Center
- Ontario Health & Fitness Center (Mansfield)
- Hardin Wellness Center
- WellWorks at Ohio University
- Neuroscience Wellness Center
- Select Central Ohio and Regional YMCAs

Q. Who is eligible for the Fitness Rewards Program?

A: All OhioHealth associates that participate in the OhioHealth Medical Plan, or Opt-in to Wellness, are eligible for the Fitness Rewards Program.

Q: How does the program work?

A: Associates must elect to pay for their membership via payroll deduction. Any enrollment fees are not reimbursable through the Fitness Rewards Program.

The reimbursement eligibility is based on quarterly participation/visits. At the end of each quarter, the total number of visits will be reviewed and reimbursed as follows:

- 24 or more visits per quarter (about two times per week) = 100 percent membership fees reimbursement (less taxes)
- 18-23 visits per quarter = 50 percent membership fees reimbursement (less taxes)
- Less than 18 visits per quarter = 0 percent membership fees reimbursement

Q: Is the reimbursement a taxable benefit?

A: Reimbursement of your gym membership fees is subject to tax withholding. This is because the Internal Revenue Service (IRS) considers these payments to be part of your income from OhioHealth.

Q: How is a quarter defined and how long after the quarter ends will I receive my reimbursement?

A: Quarters are aligned with a pay period calendar to ensure accurate and coordinated reimbursement. Associates will receive their reimbursement the month following the end of a respective quarter. Please see the OhioHealth Fitness Rewards page for quarter dates and payout information by visiting <https://ohesource.ohiohealth.com/HumanResources/Pages/Fitness-Subsidy-Program.aspx>

Associates must be employed and enrolled in one of the OhioHealthy medical plans at the end of a defined quarter and must be employed at the time of payout to receive reimbursement.

Q: Can my family members join the Fitness Rewards Program?

A: Your spouse and child(ren) are eligible to join if they are covered under one of the OhioHealthy medical plans as your dependent.

Q: I am not enrolled in one of the OhioHealthy medical plans or an Opt-in to Wellness participant. Are there any discount options for me?

A: The McConnell Heart Health Center, Grant Health & Fitness Center, Ontario Health & Fitness Center, and Wellness & Prevention Center offer discounts to all OhioHealth associates. Other fitness facilities around the Central Ohio area offer discounts to OhioHealth associates through our [Perks Place](#).

Q: Who do I contact if I have a question about the Fitness Rewards Program?

A: Contact the HR Resource Center at (614) 533.8888 or HR-Resource-Center@OhioHealth.com

Q: Can I join and be reimbursed for membership at an OhioHealth facility and the YMCA?

A: You can only be reimbursed for one membership option with one payroll deduction. If you choose to be a member of both an OhioHealth-owned facility and the YMCA, facility visits will not be combined toward the incentive goal.

Q: As a member of the Fitness Rewards Program can I use other OhioHealth fitness centers?

A: If you are a member of an OhioHealth fitness center, you will automatically have access to the Blom Administrative Campus fitness center at no additional cost. Your visits at both centers can be used towards your Fitness Rewards reimbursement.

Fitness Rewards Program Facility Information

McConnell Heart Health Center

Q: How do I get started?

A: Learn more about the McConnell Heart Health Center at www.ohiohealth.com/mcconnellcenter/ or by calling (614) 566.5356. Associates are also encouraged to tour the facility, located at 3773 Olentangy River Road, Columbus, Ohio 43214. Tour appointments can be scheduled ahead of time via phone.

Q: What are the hours of operation?

A: **MHHC Facility Hours of Operation:**
Monday – Friday: 5:30 a.m. to 10:00 p.m.
Saturday: 6:30 a.m. to 7:30 p.m.

Sunday: 7:30 a.m. to 7:30 p.m.

MHHC Membership Services Office Hours:

Monday – Thursday: 8:00 a.m. to 6:00 p.m.

Friday: 8:00 a.m. to 2:00 p.m.

Saturday: 8:30 a.m. to 12:30 p.m.

Sunday: CLOSED

Q: What is the cost of membership?

A: Enrollment fees for membership for an OhioHealth associate is \$99.00. OhioHealth associate dues via payroll deduction are \$27.79 per pay period. For additional information on extended family rates, please contact the McConnell Heart Health Center at (614) 566.5356.

Grant Health and Fitness Center

Q: How do I get started?

A: Learn more about the Grant Health and Fitness Center at www.ohiohealth.com/grantfitnesscenter/ or by calling (614) 566.9880. Associates are also encouraged to tour the facility, located at 340 E. Town Street, 9th Floor, Columbus, Ohio 43215. Tour appointments can be scheduled ahead of time via phone.

Q: What are the hours of operation?

A: Monday – Thursday: 5:30 a.m. to 6:00 p.m.

Friday: 5:30 a.m. – 2:00 p.m.

Saturday – Sunday: Closed

Q: What is the cost of membership?

A: The enrollment fees for an OhioHealth associate is \$43.00. Primary OhioHealth associate dues via payroll deduction are \$17.20 per pay period.

Blom Administrative Campus Fitness Center

Q: How do I get started in the program?

A: Registration forms are required prior to gaining access to the Fitness Center. Stop by the Fitness Center to learn more. All members are required to complete a health history questionnaire and waiver before receiving a membership card. The initial paperwork for registration is available on eSource. Search Blom Administrative Campus from the home page and click the Fitness Center tab on the right. You can email completed registration forms to AdminCampusFitnessCenter@ohiohealth.com or bring them to the fitness center once the Center has opened.

Q: What are the hours of operation?

A: Monday-Thursday: 5:30 a.m. to 6:00 p.m. p.m.

Friday: 5:30 a.m. to 2:30 p.m.

Saturday and Sunday: Closed

Q: What is the cost of membership?

A: Membership is \$17.20 per pay period . Payroll deduction is required.

Q: Is there a dual membership option with another OhioHealth fitness center?

A: OhioHealth associates that are members at any OhioHealth Fitness Center will receive free access to the Berger Fitness Center and Grant Health and Fitness Center. Visits at all OhioHealth employee fitness center will count towards your Fitness Rewards reimbursement.

Q. How do I cancel my membership?

A: Blom Administrative Campus Fitness Center members may cancel their membership at any time without penalty. Request of cancellation must be received on or before the 20th of the month in order to cancel membership for the following month. Monthly fees will not be prorated, and refunds will not be provided.

Berger Fitness Center

Q: How do I get started?

A: Registration forms are required prior to gaining access to the Fitness Center. Stop by the Fitness Center or visit our [eSource](#) page to learn more. All members are required to complete a health history questionnaire and waiver before receiving a membership card. The initial paperwork for registration is available on eSource. **You can email completed registration forms to BergerFitness@ohiohealth.com or bring them to the fitness center on your first visit.**

Q: What are the hours of operation?

A: During Phase 1 of Reopening, the hours will be:
 Monday – Friday: 5:00 a.m. to 7:00 a.m., 6:00 p.m. – 8:00 p.m.
 Saturday: 7:00 a.m. – 11:00 a.m.
 Sunday: Closed

Phase 2 Hours (start date TBD):

Monday – Friday: 5:00 a.m. – 7:30 a.m., 3:30 p.m. – 8:00 p.m.
 Saturday: 7:00 a.m. – 11:00 a.m.
 Sunday: Closed

Q: What is the cost of membership?

A: Membership is \$10 + tax per pay period. Membership dues will not begin until Phase 2 (date TBD)

Q: Is there a dual membership option with another OhioHealth fitness center?

A: OhioHealth associates that are members at any OhioHealth Fitness Center will receive free access to the Blom Administrative Campus Fitness Center and Grant Health and Fitness Center. Visits at all OhioHealth employee fitness centers will count towards your Fitness Rewards reimbursement.

Q. How do I cancel my membership?

A: Berger Fitness Center members may cancel their membership at any time without penalty. Request of cancellation must be received on or before the 20th of the month to cancel membership for the following month. Monthly fees will not be prorated, and refunds will not be provided.

Ontario Health & Fitness Center (Mansfield):

Q: How do I get started in the program?

A: Ontario Health & Fitness Center (OHFC) members and non-members that meet the eligibility criteria (see above) will need to sign a new **membership contract**, sign the **Fitness Rewards Program Contract**, and fill out the **payroll deduction form**.

Q: Where can I learn more about the Ontario Health & Fitness Center?

A: Learn more about the Ontario Health & Fitness Center at <https://www.ohiohealth.com/ontariofitnesscenter/> or by calling (419) 526.8900. Associates are encouraged to take a tour of the facility, located at 1750 West Fourth Street, Ontario, OH 44906. Tour appointments can be scheduled ahead of time via phone.

Q: What are the hours of the Ontario Health & Fitness Center?**A: OHFC Hours of Operation:**

Monday – Thursday: 5:00 a.m. to 9:00 p.m.

Friday: 5:00 a.m. to 8:00 p.m.

Saturday: 7:00 a.m. to 3:00 p.m.

Sunday: 10:00 a.m. to 3:00 p.m.

Q: What is the cost of membership?

A: Initial enrollment fees are waived for associates. If an associate cancels and rejoins the facility, a \$60 enrollment fee will be charged. Primary OhioHealth associate dues via payroll deduction are \$18.22 per pay period. Please contact the center for additional membership information.

Hardin Wellness Center**Q. How do I get started in the program?**

A. Current members: Please see Aaron Burkett to revise your current membership.

New memberships: Associates will need to schedule an appointment to sign up to review eligibility, sign Fitness Rewards Program contract, payroll deduction form, and screening paperwork. An appointment can be scheduled by calling 419-675-8111. The appointment will take approximately 15 minutes.

Q. What are the costs associated with the Wellness Center?

A. Membership is \$11.54 per pay. There is no enrollment fee.

Q. What are the hours of operation at the Hardin Wellness Center?

A. Hardin Wellness Center hours of operation

Monday –Thursday: 5:30 a.m. to 7:30 p.m.

Friday: 5:30 a.m. to 6:00 p.m.

Saturday: 8:00 a.m. to 1:00 p.m.

WellWorks at Ohio University**Q: How do I get started in the program?**

A: Learn more about WellWorks at <https://www.ohio.edu/wellworks> or by calling 740.593.2093. Associates are also encouraged to tour our facility, located on the first floor of Grover Center, Ohio University's Athens campus, any time during our hours of operation. Associates must present their employee badge to the front desk staff when signing up for membership.

Q: What is the cost of the membership?

A: OhioHealth associate dues via payroll deduction are \$10.00 per pay period. If you would like to upgrade to a family membership, you must pay \$90 to WellWorks and this will not be reimbursed from OhioHealth. (*WellWorks annual family memberships includes 2 adults {parents/guardians} and dependents ages 13-18.*)

Q: Is there an enrollment fee?

A: There is no enrollment fee.

Q: What are the hours of operation at WellWorks?

A: Monday – Thursday, 5:45 a.m - 9:00 p.m.
 Friday 5:45 am - 8:00 pm
 Saturday - Sunday 9:00 a.m. - 6:00 p.m.

*Closings dates can be found on the WellWorks website at <https://www.ohio.edu/wellworks>. Closings, cancellations and class changes are posted on the WellWorks Facebook page, which also feeds to the WellWorks webpage.

Neuroscience Wellness Center**Q: How do I get started?**

A: Learn more about the McConnell Heart Health Center at www.ohiohealth.com/neurosciencewellnesscenter/ or by calling (614) 788-5660. Associates are also encouraged to tour the facility, located at 785 McConnell Dr, Columbus, Ohio 43214. Tour appointments can be scheduled ahead of time via phone.

Q: What are the hours of operation?

A: **MHHC Facility Hours of Operation:**
Monday – Thursday: 6:30 a.m. to 7:30 p.m.
Friday: 6:30 a.m. to 6:00 p.m.
Saturday: 9:00 a.m. to 1:00 p.m.

Q: What is the cost of membership?

A: Enrollment fees for membership for an OhioHealth associate is \$49.00. OhioHealth associate dues via payroll deduction are \$24.50 per pay period. For additional information on extended family rates, please contact the McConnell Heart Health Center at (614) 788-5660.

Q: Can any associate join the Neuroscience Wellness Center?

A: Any associate joining the center must have a neurological diagnosis (ex. Multiple Sclerosis, Spinal Cord Injury, Parkinson's, Stroke Survivor etc) to join our facility due to the specialty nature of our center and programming.

YMCA**Q: How do I get started in the program?**

A: YMCA Non-Members: If you are currently not a YMCA member and are eligible for the OhioHealth Fitness Rewards Program, visit ymcacolumbus.org/join/ohiohealth to join the YMCA and enroll as an OhioHealth Fitness Rewards Program member.

Current YMCA Members: If you are currently a YMCA member and meet the OhioHealth Fitness Rewards Program eligibility, you can enroll in the OhioHealth Fitness Rewards Program by visiting ymcacolumbus.org/join/ohiohealth and select "Change Membership Type. (Use Google Chrome when accessing this site.) You are able to make this update if your YMCA membership has been active for more than 30 days. You should allow time for processing. Any changes made within 2 weeks of your next monthly payment will be made the following month.

Please note: Current YMCA members that have not paid their first month dues will be charged the enrollment fee.

Q: What are the costs associated with the YMCA Fitness Rewards Program?

A: At time of registration, an enrollment fee of \$69 is required for new YMCA members. The adult membership is \$18 per pay and household membership is \$32 per pay. The household membership includes one or two adults and their children through the age of 24, who share the same residence. The membership dues eligible for reimbursement reflect those for the OhioHealth associate member only (\$18 per pay period). If both adults on the membership are eligible for the Fitness Rewards program and both achieve the required check-ins, the reimbursement will be based on the household rate.

The YMCA enrollment fee is not included in the subsidy program. For details about additional program and service offerings at each facility, you can contact your local YMCA directly. To participate in Fitness Rewards, associates must elect to pay for their membership via payroll deduction.

Q: With a YMCA membership, am I able to visit any participating Ohio YMCA location and have the visit count towards Fitness Rewards participation requirement?

A: Yes, with your YMCA membership, you are eligible to visit any Ohio YMCA location on the list below.

Q: What YMCA locations are participating and how do I contact them?

A: The following Y locations are participating:

Champaign County

Champaign Family YMCA
(937) 653-9622
<http://www.champaignfamilyymca.org/>

Crawford County

YMCA of Bucyrus-Tiffin
(419) 562-6218
<https://bucyrustiffinymca.org/>

Delaware County

Delaware Community Center YMCA
(740) 203-3051
ymcacolumbus.org/delaware

Liberty Township/Powell YMCA
(614) 839-9622
ymcacolumbus.org/liberty

Hardin County

Hardin County Family YMCA
(419) 673-6131
<https://hardincoymca.net/>

Fairfield County

Robert K.Fox YMCA
(740) 654-0616
<http://www.ymcalancaster.org/>

Fayette County

Fayette County Family YMCA
(740) 335-0477
<http://faycoymca.org/>

Franklin County

Downtown YMCA
(614) 224-1137
ymcacolumbus.org/downtown

Eldon & Elsie Ward Family YMCA
(614) 252-3166
ymcacolumbus.org/ward

Gahanna/John E. Bickley YMCA
(614) 416-9622
ymcacolumbus.org/gahanna

Grove City YMCA
(614) 871-9622
ymcacolumbus.org/grovecity

Hilliard / Ray Patch Family YMCA
(614) 334-9622
ymcacolumbus.org/hilliard

Hilltop YMCA
(614) 276-8224
ymcacolumbus.org/hilltop

Jerry L. Garver YMCA
(614) 834-9622
ymcacolumbus.org/garver

Reynoldsburg Community Center YMCA
(614) 689-2040
<https://ymcacolumbus.org/locations/reynoldsburg>

North YMCA
(614) 885-4252
ymcacolumbus.org/north

Vaughn E. Hairston YMCA
(614) 539-1770
ymcacolumbus.org/hairston

Whitehall
(614) 689-2050
ymcacolumbus.org/Whitehall

Licking County

Newark YMCA
(740) 345-9622
<http://www.lcfymca.org/newark>

Licking County Western Branch YMCA
(740) 964-9622
<http://www.lcfymca.org/western>

Logan County

Don M. & Margaret Hilliker YMCA
(937) 592-9622
<http://www.hillikerymca.org/>

Marion County

Marion Family YMCA
(740) 725-9622
marionymca.org

Muskingum County

Buckeye Family YMCA
(740) 454-4767
bvfyymca.org/

Pickaway County

Pickaway County Family YMCA
(740) 477-1611
ymcacolumbus.org/pickaway

Richland County

Mansfield YMCA
(419) 522-3511
<https://www.mansfieldy.org/>

Shelby YMCA

(419) 347-1312
<http://www.shelbyy.com/>

Ross County

YMCA of Ross County
(740) 772-4340
<https://www.rosscountymca.org/>

Union County

Union County Family YMCA
(937) 303-9285
<http://www.unioncountymca.org/>