



LifeWorks ‘You at Your Best’ Fitness Incentive Plan

Southwest General is committed to the health and well-being of its employees. All current Southwest employees are eligible to participate in the LifeWorks ‘You at Your Best’ Fitness Incentive Plan.

LifeWorks is the hospital’s own fitness center located in walking distance from the main campus. This new plan will allow for Southwest employees to enjoy an additional benefit for being a member of Southwest’s fitness center. This benefit provides an opportunity for the employee to receive a reimbursement on their monthly fitness membership dues of **\$25 per month**.

How the plan works:

- Current Southwest employees must be a current LifeWorks’ fitness member. (employees can join the fitness center any time)
- For every month an employee checks in eight (8) or more times and exercises for at least 30 minutes each time they will receive a reimbursement of \$25.
- Tracking of the number of times an employee works out will be done through the fitness center’s Aspen system. The workouts will be tracked monthly.
- Reimbursement payments will be issued quarterly based on the calendar year, and included in a regular paycheck after the close of a quarter.
- Maximum amount of reimbursement per employee per quarter is \$75.
- All current employees who are fitness center members will be automatically included.
- Southwest volunteers, board members or retirees are not eligible for this plan.
- LifeWorks Membership Fee structure is below. Fees can be payroll deducted.
- Membership includes complimentary fitness coaching, over 100 weekly group exercise classes, deluxe locker rooms, towel service and so much more...

12-Month Agreement (converts to monthly)		Month-to-Month Agreement	
Enrollment Fee	\$79	Enrollment Fee	\$109
Monthly Fee	\$44	Monthly Fee	\$51

**above fees are taxable*

Please call Membership at **440-816-4214** or email Jessica at JLivers@swgeneral.com to schedule a time to visit the facility or to sign up.

www.lifeworksfitness.net

Q&A

Q: Is this for ALL employees or only those that are covered by the health insurance benefit plan?

A: The LifeWorks Fitness Incentive Plan is for ALL employees (PRN, PT, HT, FT) not just those that are covered by the health insurance benefit plan.

Q: Does the Fitness Incentive Plan cover my membership at another gym or city recreation center or does this only apply to LifeWorks?

A: This plan applies to LifeWorks membership only.

Q: Does the Fitness Incentive Plan cover my expenses for non-gym fitness activities – like riding a bike?

A: Only LifeWorks memberships are covered under this plan.

Q: How will reimbursement payments be made?

A: Payments will be made quarterly, through payroll, included in paychecks. Payments are considered taxable income. There will be no separate check.

Q: How do I participate in the Fitness Incentive Plan?

A: Sign up to be a LifeWorks member by contacting membership at 440-816-4214. If you are already a LifeWorks member, you will be automatically enrolled. There are no additional forms for you to complete.

Q: How long will Southwest continue this program?

A: Southwest reserves the right to modify or discontinue this plan at any item.

