



**OhioHealthy Fitness Rewards Program**  
**Frequently Asked Questions**  
Updated 6-19-17

**Q: What is the OhioHealthy Fitness Rewards Program?**

A: OhioHealth is committed to helping associates live healthy lifestyles through a number of health and wellness resources and programs. As part of the OhioHealthy Fitness Rewards Program, OhioHealth associates are able to join the OhioHealth Fitness Facilities [McConnell Heart Health Center (MHHC), Grant Health & Fitness Center (GH&FC), Hardin Wellness Center (HWC), Ontario Health & Fitness Center (OHFC) and the Wellness & Prevention Center (WPC) in Mansfield] and select YMCA facilities and earn back their membership dues. Associates enrolled in the OhioHealthy Medical Plan 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](#)
- [Hardin Wellness Center](#)
- [Wellness & Prevention Center and the Ontario Health & Fitness Center \(Mansfield\)](#)
- [Central Ohio and Regional YMCAs'](#)

**Q. Who is eligible for the Fitness Rewards Program?**

A: All OhioHealth associates that participate in the OhioHealthy Medical Plan, Marion General Bargaining Unit, 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/OhioHealthy>

Associates must be employed and on the benefits plan at the end of a defined quarter and must be employed at the time of payout to receive reimbursement.

**Q: Can I utilize the Fitness Rewards Program for my spouse, child, dependent, or friend?**

A: The OhioHealthy Fitness Rewards Program applies to OhioHealth associates only. If your spouse or child is also an OhioHealth associate and covered under the primary associate's benefit, then he or she is eligible. All others (spouse, child and other dependents) are not eligible.

**Q: I am not an OhioHealthy Medical Plan or Opt-in to Wellness participant. Are there any discount options for me?**

A: The McConnell Heart Health Center and the 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](#). Associates not enrolled in the OhioHealthy Medical Plan, Marion General Bargaining Unit, or Opt-in to Wellness can join the participating YMCA's at the preferred OhioHealth associate rate. However, you must use payroll deduction for your monthly membership fees and you would not be eligible for the attendance-based reimbursement.

**Q: Have questions about the OhioHealth benefit program?**

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

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

A: No. Unfortunately, you cannot be reimbursed for both membership options. The associate will need to select which facility (an OhioHealth facility or the YMCA) he/she wishes to have reimbursed for the Fitness Rewards Program. Only one membership option can be payroll deducted. 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.

### OhioHealthy 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/](http://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. Primary OhioHealth associate dues via payroll deduction are \$26.79 per pay period. For additional information on extended family rates, please contact the McConnell Heart Health Center at (614) 566.5356.

**Q: Is there a dual membership option with another OhioHealth facility?**

A: Dual Membership is available for MHHC and GHFC and visits at both Centers can be used towards your Fitness Rewards reimbursement. Please contact either MHHC or GHFC for more information on cost and enrollment procedures for Dual Membership.

#### 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/](http://www.ohiohealth.com/grantfitnesscenter/) or by calling (614) 566.9880. Associates are also encouraged to tour the facility, located at 340 E. Town Street, 9<sup>th</sup> Floor, Columbus, Ohio 43215. Tour appointments can be scheduled ahead of time via phone.

**Q: What are the hours of operation?**

A: Monday – Friday: 5:30 a.m. to 8:30 p.m.

Saturday – Sunday: 8:00 a.m. to 4:00 p.m.

**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.

**Q: Is there a dual membership option with another OhioHealth facility?**

A: Dual Membership is available for MHC and GHFC and visits at both Centers can be used towards your Fitness Rewards reimbursement. Please contact either MHC or GHFC for more information on cost and enrollment procedures for Dual Membership.

**Wellness & Prevention Center and the Ontario Health & Fitness Center (Mansfield):**

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

A: Current Wellness & Prevention Center (WPC) or 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 paperwork**.

**Q: Where can I learn more about the Wellness & Prevention Center and the Ontario Health & Fitness Center?**

A: Learn more about the Wellness & Prevention Center at <http://inside.medcentral.org/main/wellness-prevention-center.aspx> or by calling (567) 241.7200. Associates are also encouraged to take a tour of the facility, located in the new Medical Office Building (Fourth Floor) next to the hospital at 335 Glessner Avenue, Mansfield, Ohio 44903. Tour appointments can be scheduled ahead of time via phone.

Learn more about the Ontario Health & Fitness Center at <https://www.ohiohealth.com/ontariofitnesscenter/> or by calling (419) 526.8900. Associates are also 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 Wellness & Prevention Center and the Ontario Health & Fitness Center?**

**A: WPC Hours of Operation:**

Monday – Thursday: 5:00 a.m. to 8:00 p.m.

Friday: 5:00 a.m. to 7:00 p.m.

Saturday: 7:00 a.m. to 1:00 p.m.

Sunday: CLOSED

**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 (includes both facilities)?**

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 either 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.

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

A: Current YMCA Members: Associates who are currently members of the YMCA and meet the eligibility criteria (see above) are eligible to participate in the program. To enroll, **USE GOOGLE CHROME** to visit [ymcacolumbus.org/join/ohiohealth](http://ymcacolumbus.org/join/ohiohealth) and select “Change Membership Type.” No enrollment fee will be charged for current YMCA members.

YMCA Non-Members: Eligible associates interested in enrolling in the program should **USE GOOGLE CHROME** to visit [ymcacolumbus.org/join/ohiohealth](http://ymcacolumbus.org/join/ohiohealth) to enroll in the program.

**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. Current YMCA members will not be charged the enrollment fee. 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/>

**Delaware County**

Delaware Community Center YMCA  
(740) 203-3051  
[ymcacolumbus.org/delaware](http://ymcacolumbus.org/delaware)

Liberty Township/Powell YMCA  
(614) 839-9622  
[ymcacolumbus.org/liberty](http://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](http://ymcacolumbus.org/downtown)

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

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

Grove City YMCA  
(614) 871-9622  
[ymcacolumbus.org/grovecity](http://ymcacolumbus.org/grovecity)

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

Hilltop YMCA  
(614) 276-8224  
[ymcacolumbus.org/hilltop](http://ymcacolumbus.org/hilltop)

Jerry L. Garver YMCA  
(614) 834-9622  
[ymcacolumbus.org/garver](http://ymcacolumbus.org/garver)

North YMCA  
(614) 885-4252  
[ymcacolumbus.org/north](http://ymcacolumbus.org/north)

Vaughn E. Hairston YMCA  
(614) 539-1770  
[ymcacolumbus.org/hairston](http://ymcacolumbus.org/hairston)

**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](http://marionymca.org)

**Pickaway County**

Pickaway County Family YMCA  
(740) 477-1611  
[ymcacolumbus.org/pickaway](http://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.rosscountyyymca.org/>

**Union County**

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