

# McKeeFIT Move

## What is McKeeFIT Move?

- McKeeFIT Move is a self-directed 12-week exercise program. Exercise where you want, how you want, when you want.

## How do I earn a Sweet Rewards Incentive?

- Complete a minimum of 30 minutes of exercise per day, three days per week, for 10 out of 12 consecutive weeks, to earn your Sweet Reward incentive. You'll use an activity band to track your exercise.
- Exercise can be completed in increments of time as small as 10 minutes, as long as the total equals 30 minutes per day.

## How much can I earn?\*

- **Employees & spouses** can earn \$650 each/\$1,300 total per year
- The Sweet Rewards incentive will be contributed to your HRA or HSA account after each session is completed. (see chart for payment breakdown)

Session Number	Incentive Amount
Session 1	\$200
Session 2	\$150
Session 3	\$150
Session 4	\$150

## What activity trackers can I use?

- Garmin, Fitbit, Apple watch or Polar
- If you don't have any activity tracker, McKee Foods will provide you a Polar device

## Questions

- If you have any questions or want more information regarding McKeeFIT Wellness Programs, you can go to the Benefits Portal from Via or call **(423) 238-7111, Ext. 23273**.
- You can complete any combination of wellness programs up to four times within a calendar year to earn your full incentive amount.



Location	Contact Information
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\* To receive any Sweet Rewards incentives, you must be enrolled in a McKee Foods medical plan **and** have an active HRA or HSA account. If you have your Health Equity HSA account "waived", you will not be eligible to earn Sweet Rewards incentives. Sweet Rewards incentives can only be made to the HSA Basic plan. Make sure you **DO NOT** contribute the maximum to the HSA Basic plan if you plan on earning Sweet Rewards. If you max out your Basic contribution limit during the year and do not keep room to receive your Sweet Rewards incentive, McKee Foods will be unable to contribute the incentive to your HSA account due to laws by which we must comply. Only McKee Foods employees and spouses may participate in McKeeFIT Move and earn incentives. For more information, please see the Benefits Portal.