



## Does walking away from *money* count as exercise?

An important part of living healthier is incorporating exercise into your daily routine.

You can earn a reward for exercising – \$150 per year for single coverage and \$210 per year for those who have an enrolled spouse.

All you need to do is move – be physically active three times per week for at least 30 minutes per day – that's it!

**The next Physical Activity Credit affidavit period is coming up – April 1 to April 14.** If you've been active during the first quarter of 2016, go to [LiveHealthier.com](http://LiveHealthier.com), complete the affidavit, and you'll get the *money*. If you have not been active, get going in Q2 – April to June.

We've heard that free money feels almost as good as exercise!



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**If you've got too much money,  
ignore this postcard.**

If not, take advantage of the  
Physical Activity Credit  
each quarter and earn money towards  
your medical premiums.

For more information on  
Healthcare Premium Credits, go to  
**[www.americangreetingsbenefits.com](http://www.americangreetingsbenefits.com)**