

**What is this employee discount at Fitness Plus?**

For the first time ever, Saint Francis Healthcare System employees get 20 percent off their Fitness Plus (or Fitness Plus Dexter) membership fees. Also, you no longer must sign a one-year contract, but can instead join month-to-month with no enrollment fee.

Plus, after your first year of membership, if you have averaged at least eight visits each month, you will earn an additional 20 percent off your membership fees for the following year.

**Does the discount apply to all types of memberships?**

Yes, the 20 percent discount is off any type of membership: individual, couple or family.

**If I have a couple or family membership, do we all have to average eight monthly visits to get the additional discount?**

No, only the employee must maintain an average of eight or more visits each month to earn the additional discount.

**Am I eligible for the seasonal promotion too?**

Yes, new members are automatically entered into a drawing for a free one-year membership. Current members can earn a free month for every member they refer, plus be entered into another drawing for a free one-year membership.

Employees are eligible for regular member referral promotions throughout the year.

**I'm already a Fitness Plus member. Do I get the discount too?**

Yes, your membership will automatically transfer to the new employee price and you will be eligible for the additional 20 percent off based on usage starting April 2018.

**How do I know I'm getting the extra 20 percent off after the first year?**

Fitness Plus will automatically deduct your additional 20 percent discount from your bill if you used the facility a minimum of 96 times during a 12-month period. If your paycheck does not reflect the discount, please contact Marie Kirn 573-331-5307 or Susan Oakley at 573-331-5304.

**I have already been a member for more than a year. Do I automatically get the additional 20 percent discount based on my usage the last 12 months?**

No. Discount tracking begins April 1, 2017. You will be eligible for the additional discount starting April 2018.

**Once I earn the additional discount, do I automatically get it every year?**

No. Visits are reviewed every 12 months. If you meet the 96-visit requirement, you will keep the additional 20 percent discount for the next 12 months. If your visits are fewer than 96 for the year, you will lose the additional 20 percent discount for the next 12 months.

**What are my payment options?**

Saint Francis employees can pay monthly or annually with cash, check, credit/debit card or payroll deduct.

**How does this change the way I can earn fitness points for Healthy Rewards?**

If you are a Healthy Rewards participant, and you have 96 visits for the year (average of eight visits per month), you will automatically earn the full 100 points available in the Fitness category. If you have been a member less than a year, you can earn 10 points for each month of your membership that you have averaged eight or more visits. Request your check-ins by calling Marie Kirn at 573-331-5307 or Susan Oakley at 573-331-5304.

If you live more than 20 miles from Cape Girardeau or Dexter, you may also submit visits to other approved fitness facilities as proof of your Healthy Rewards fitness points. If you live within 20 miles of Cape Girardeau or Dexter, other facilities are not eligible.

**Employee Membership Dues**

Facility	Standard Dues		Saint Francis Employee Dues	
	Cape Girardeau	Dexter	Cape Girardeau	Dexter
Individual	\$57	\$45	<b>\$45.60</b>	<b>\$36</b>
Family of 2	\$83	\$70	<b>\$66.40</b>	<b>\$56</b>
Family of 3	\$98	\$85	<b>\$78.40</b>	<b>\$68</b>
Family of 4+	\$109	\$95	<b>\$87.20</b>	<b>\$76</b>