



Take Charge: Your Well-Being

Find your fit and reward yourself with good health.

Freescale is committed to helping you live a healthier lifestyle and provides a wellness reimbursement of \$240 per year. You can choose to cover the cost of your Activity Center membership, if available, or participate in other fitness activities and apply for the annual \$240 reimbursement (minus applicable taxes).

Get Started at an Activity Center

Membership

Visit your local center to get started today!

Freescale employees are eligible to use their annual **\$240 reimbursement toward a 1-year membership**. Or pay as you go:

- \$20/month per person (Employee and spouses only)
- \$25/month per person (Contractors)
- \$10/month per person (Retirees)

Amenities*

Members receive fresh towel and toiletries. Store your personal belongings in the locker rooms (day use only), or choose a convenient private storage locker for a fee of \$5/month.

State-of-the-Art Equipment

Our facilities are fully equipped with a variety of training equipment including treadmills, bikes, stairmasters, elliptical trainers, rowers, strength machines, free weights, kettlebells and TRX.

Group Exercise Classes

The Activity Centers offer a variety of classes led by experienced, professional trainers up to date with the latest fitness research and trends. Group classes range from Cardio, Interval Strength Training and Cycling, to Power Half Hour to keep your heart pumping. There are a variety of classes and times offered throughout the day and evening that make it easy to choose one that will fit your needs.

Specialty Classes*

Specialty classes are a series of fee-based classes that are offered throughout the year to members and non-members. Classes include: Pilates, TRX, HIIT, CORE, Zumba and much more.

Personal Training

Our certified, professional staff are onsite to challenge you, build your confidence and change the way you look at working out. Whether you want to customize your goals with one-on-one training or workout with a friend or group, our training packages can take your training to the next level. This service is offered to members and non-members.

Recreation & Outdoor Activities*

Another great way to get moving and reenergize is to get outdoors! Take a short break and enjoy walking trails, join runners or cycling groups, or pick up a game of basketball or table tennis. Whichever activity you enjoy, there is a good chance you'll find it here.

*Activities, programs and services vary depending on Activity Center location. For more information visit Summit >My HR >Benefits to view Activity Center details.

Phone Numbers & Hours

Austin

Ed Bluestein:

512-933-6229

Monday - Thursday:

5:00 a.m.–8:00 p.m.

Friday: 5:00 a.m.–7:00 p.m.

Oak Hill:

512-895-3069

Monday - Thursday:

5:00 a.m.–8:00 p.m.

Friday: 5:00 a.m.–7:00 p.m.

Saturday: 10:00 a.m.–2:00 p.m.

Arizona

Chandler:

480-814-3534

Monday - Friday:

5:00 a.m.–10:00 p.m.

Staffed daily from

6:00 a.m.–7:00 p.m.

Tempe:

480-413-5099

Monday - Friday:

5:00 a.m.–10:00 p.m.

Staffed Monday – Thursday:

6:00 a.m.–7:00 p.m.

Friday: 6:00 a.m.–6:00 p.m.



With all these amazing services available— What’s stopping you?

Take charge of your health and stay fit for your lifetime!

Incentive Programs

Active Rewards

In this online membership-based incentive program, Activity Center members earn points for participating in a variety of programs and activities. Points are accumulated throughout the year and, based on the member’s total, can result in the receipt of incredible gift certificates.

Tools

The Activity Centers offer a variety of tools to help you stay on track. Visit your Activity Center to access or find out more.

Active Wellness Center

Your online Active Wellness Center dashboard provides a customized snapshot of your daily wellness status based on your inputs. From stress management to meal and workout plans, the Active Wellness Center is a confidential online portal that keeps Activity Center members accountable, engaged and aware. Get your location code from your Activity Center and log in: <https://activewellnesscenter.com>

Wellness Programs

Members and non-members can access wellness programs offered by the Activity Center to help support your health and well-being.

Weight Management

Whether you’re looking to lose, maintain or gain, your Activity Center has special programs that run throughout the year.

Seminars

Freescale is committed to providing you information regarding your total well-being. Topics include nutrition, weight management, personal finances and much more.

Therapies

Each of our Activity Centers have professional staff to provide you with the therapy you need: Physical Therapy, Massage or Reflexology. Book your appointment today! Available services vary by site.

Community

Community Events

Sign-up to volunteer, pick up your shirt or train for an event. Your Activity Center supports Freescale’s Community Relations efforts in a variety of ways. Get involved!

Social Platforms

Yammer Global Health & Wellness Groups - Join a virtual worldwide community online at <http://url.freescale.net/YammerHealth>. Network with your Freescale coworkers to post comments and share thoughts and ideas on health and wellness. We are a global community!

Did you know that Freescale offers a \$240 annual wellness reimbursement to help you stay healthy?

You are eligible to receive up to \$240 (less applicable taxes) per year for wellness reimbursement toward achieving good health. Examples include:

- Annual membership to a fitness center, onsite or offsite, such as 24 Hour Fitness, YMCA, Gold’s Gym, etc.
- Participation in approved fitness, sports or health education related activities. For more details on approved activities, please visit the Freescale Summary Plan Description found on [Summit>My HR>Benefits](#).

If you join a non-Freescale fitness center or participate in other eligible wellness activities, you pay up front and then submit a reimbursement request by visiting the Your Spending Account™ (YSA) website at freescale.com/rewards.

If you join a Freescale Activity Center, your wellness allocation has already been applied. There is no need to submit a reimbursement request.

How do I submit a reimbursement request?

Submit your reimbursement request by completing the following steps:

- Log on to freescale.com/rewards
- Click on the “More >” button in the Health and Wellness cube and select “Your Spending Account™”
- Choose “Wellness Program” from the top of the YSA homepage
- Select the “Request Wellness Program Reimbursement” link
- Follow the expense flow and submit your documentation
- Keep a copy of the receipt(s) for your records.

The amount reimbursed is considered taxable income to you and is reported on your IRS Form W-2. You will receive reimbursement through Payroll within two pay cycles from the date the claim was approved. Your request for reimbursement must be made by March 31 of the following year.

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