

# Exercise for your benefit

## What is Smartum Liikuntaseteli?

A Liikuntaseteli voucher is a means of payment offered by the employer to enhance the well-being of staff. Liikuntaseteli can be used to pay exercise activities in a way that accounts for individual preferences.

## Why does my employer give me Liikuntaseteli vouchers?

Regular exercise enhances the ability to recover from illness and stress, and it boosts both physical and mental health.

Everybody has unique preferences when it comes to exercising. The Liikuntaseteli voucher system allows the employer to support employees' exercise activities, whatever their sport of choice. Good work ability is a positive outcome for everyone: the employee, the employer, society.

## How do I use the Liikuntaseteli service?

One Liikuntaseteli voucher is worth 4 euros. Depending on the facility, you can use it to pay for a single admission, a series ticket, or a season ticket. When your exercise hobby admission costs more than 4 euros, you can use several vouchers or pay the difference in cash. No money is provided as change for a voucher. The voucher has a specified period of validity.

## Where can I use the Liikuntaseteli vouchers?

Liikuntaseteli is a valid method of payment in thousands of locations across Finland that offer exercise services and have made a contract involving the service. You can find an up-to-date list of exercise facilities on the Internet at [www.liikuntaseteli.fi](http://www.liikuntaseteli.fi).



## What can I do with the Liikuntaseteli vouchers?

The Liikuntaseteli vouchers can be used to pay for active exercising, not for, e.g., solarium use, massage,

or a ticket to a football match. The vouchers allow you to practise common types of exercise, such as swimming, gym workout, and aerobics, as well

as take part in other fitness classes. In addition, various ballgames, from tennis to bowling and floorball, are eligible for Liikuntaseteli voucher use. The most important thing in exercising is to find types of exercise that suit you, and to enjoy exercising. The vouchers can be used also for trying out new types of sport, and making some great exercise discoveries!



## When can I use the vouchers for payment?

Liikuntaseteli allows you to exercise when it suits you best. You can select a gym or other facility close to your home, or you can use facilities located near your workplace. What is important is that the exercise options offered do not control you but, rather, that you control your activities, making choices according to your own situation.

## For whom are the Liikuntaseteli vouchers intended?

You have received the vouchers from your employer for your use, to keep you in good condition. They cannot be used to pay for exercise of children or other family members. **Make sure that your name is written on the back of the voucher. Only then the voucher is valid.** The facility offering exercise services can verify the identity of the person paying with a voucher.

**Enjoy exercising!**

