

Fitness Rewards for GIC Members

Reward Yourself with Fitness Rebates and Discounts

To encourage you to get fit and stay healthy, Tufts Health Plan offers a number of ways for you to save on fitness center fees both in and outside of our fitness center network.

\$150 Fitness Center Rebate

We'll give you a rebate of up to \$150 on your fitness center membership and certain group exercise classes. It's simple! Once you've been a member of Tufts Health Plan for at least four months, you're eligible for the rebate.

The fitness center must offer cardio and strength-training machines and other programs for improved physical fitness. The rebate does not include martial arts centers, gymnastics centers, country clubs, aerobics-only or pool-only centers, sports teams and leagues, social clubs and tennis clubs, personal trainers, sports coaches, or the purchase of personal or at-home exercise machines.

You are also eligible for a rebate on the cost of certain group exercise classes. Classes held in a residential setting or dance classes are not included. Group exercise classes include, but are not limited to: yoga, pilates, aerobics, Zumba, and kickboxing.

The rebate applies one time per family, one time per year. The rebate is paid to the Tufts Health Plan subscriber after you pay your fitness center fees. Submit the Fitness Rebate Form, along with proof of fitness center membership and payment, and Tufts Health Plan will pay up to \$150 of your fees for the year. You can also request your rebate online. Just log in to your secure online account at mytuftshealthplan.com. We usually process reimbursements within 4 to 6 weeks of receipt.

Great Discounts on Network Fitness Centers

You can save even more money when you join a fitness center in the Tufts Health Plan network.

- Save 20% on one-year memberships and pay no joining fee at any of our Tufts Health Plan network fitness centers in Massachusetts, New Hampshire, and Rhode Island. There are almost 80 to choose from.
- Save 50% when you join a participating New England Curves® club.

- Save 10% on personal training packages at Fitness Together and receive a free initial fitness evaluation.
- Members 18 years old and younger pay no fee to join a network Boys & Girls Club in Massachusetts and Rhode Island. These members also receive a 20% discount on the cost of most programs.

If you're not ready to join a center, you and your family can go to a fitness center in the Tufts Health Plan network and pay a small copayment of \$6 to \$10 for each visit, up to five visits a month. For a full list of fitness centers in the Tufts Health Plan network, go to tuftshealthplan.com/gic. Under Find a Doctor on the left, click your GIC plan and then click Start Search. Click Other Services on the left, then choose Fitness Centers under the Select a Service option.

To learn more about Tufts Health Plan fitness discounts or to request a rebate for your fitness center membership, log in to your secure online account at mytuftshealthplan.com or call a Member Representative at 800-870-9488.

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GIC MEMBER FITNESS REBATE FORM

You must complete all fields. Please print clearly. Retain a copy of all receipts and documents for your records. Please be sure to sign the form.

To qualify for the fitness club rebate, you must complete four consecutive months of membership in Tufts Health Plan and at a qualified fitness center each year you apply.

You will have 24 months from the date you incurred your fitness club fees to submit your request for the fitness rebate of up to \$150. The rebate applies one time per family, one time per year. The rebate is paid to the Tufts Health Plan subscriber or a family member after fitness center fees are paid. We usually process reimbursements within 4 to 6 weeks of receipt.

1. Member's Name (Please print in capitals)

Last

First

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2. Member's Tufts Health Plan ID

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3. Proof of payment through one of the following:

Please indicate which one of the following forms of proof of payment you are including with this form:

- An itemized receipt from the fitness club and/or group exercise class, showing the dates of membership and dollar amounts paid
- Copies of receipts for fitness club membership and/or group exercise class dues
- A credit card statement or receipt
- A statement on the fitness club's and/or group exercise class's letterhead, with an authorized signature, indicating payment was made

In addition, you must include a statement from your fitness club confirming your membership for four consecutive months.

4. Member signature is required

I attest that the above information and enclosed proof of payment are accurate and complete.

(GIC Member Signature)

5. Please submit this form and all documentation to:

Tufts Health Plan
GIC Fitness Claims
705 Mt. Auburn Street
Watertown, MA 02472-1508

Please do not staple any materials to this form

