

# FITNESS REWARDS

## 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 certain fitness costs, both in and outside of our network.

### Fitness Rebate of \$150 or three months\*

We'll give you a rebate on your fitness center membership and certain group exercise classes if you are eligible.\*\* Check your benefits for what is included in the rebate and the amount allowed on your plan. It's simple! Once you've been a member of Tufts Health Plan for at least four months, you're eligible for the rebate.

Your fitness costs must meet the following criteria for the rebate:

- 1 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.
- 2 Some of our group plans will also rebate the cost of certain group exercise classes.\*\*\* Classes held in a residential setting or dance classes are not included. You must check your benefits to see if group exercise classes are included on your plan.

\*Depending on your plan design

\*\*Exercise class reimbursement is only available with the \$150 rebate option

\*\*\*Group exercise classes include, but are not limited to: yoga, pilates, aerobics, Zumba, and kickboxing

Based on your plan, Tufts Health Plan will pay up to the allowed amount of your costs paid for the year. The fitness rebate benefit varies depending on the plan you are on. Make sure to check your benefits to determine what fitness rebates you are eligible for.

You can check your benefits and request your rebate online — just log into your secure online account at [tuftshealthplan.com](https://tuftshealthplan.com). Or, you can mail in the form on the back of this sheet along with your documentation.

### 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 a personal training package at Fitness Together and receive a free fitness evaluation.
- ▶ Save 20% on Appalachian Mountain Club membership rates and receive discounts on accommodations, subscriptions and programs.
- ▶ Members 18 years old and younger pay no fee to join a network Boys & Girls Clubs in Massachusetts and Rhode Island. 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-\$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](https://tuftshealthplan.com) and click on Find a Doctor, then search under Other Medical Services.

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 costs. Submit the Fitness Rebate Form, along with any of the following:

- 1) Proof of fitness center membership and payment,
- 2) If your plan allows, proof of charges and payment for group exercise classes

**SUBMIT YOUR REBATE FORM** 

