

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. Reimbursements are typically processed 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.

continued on reverse



