

# FITNESS REWARDS



## REWARD YOURSELF FOR GETTING FIT

Get up to \$150 back for getting out and staying active!

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### **\$150 FITNESS REBATE**

We'll give you up to \$150 back on your fitness center membership and certain group exercise classes (if you are eligible). 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** You can qualify for the rebate by taking certain group exercise classes. Group exercises include, but are not limited to: Pilates, Zumba, yoga, aerobics, and kickboxing. 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.

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.

Get your rebate even faster — submit your rebate form online at:

**[mytuftshealthplan.com](https://mytuftshealthplan.com) ▶ Forms ▶ Group Exercise Rebate.**

Or, you can mail in the rebate form on the reverse side.

**SUBMIT YOUR REBATE FORM** 

