



Fitness Rewards

Get money back on your fitness membership

\$150 per family, per benefit year for fitness center membership fees and/or exercise classes. This benefit applies to most Massachusetts and Rhode Island (large group) plans and is available upon renewal in 2023. You may confirm your fitness benefit by viewing your health plan coverage in your secure member account, visit mytuftshealthplan.com.

Rebate rules:

- You're eligible for the rebate once you've been a member of Tufts Health Plan and the gym for at least 4 consecutive months in the applicable benefit year.
- 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, 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.
- Exercise classes include, but are not limited to: Pilates, Zumba, yoga, aerobics, online fitness classes, and kickboxing. In-person classes held in a residential setting or dance classes are not included.



Tufts Health Plan will pay up to the reimbursable amount based on your plan.

Get your rebate:

Submit your rebate form online at: mytuftshealthplan.com under the Forms tab. Alternatively, you can mail in the rebate form on the reverse side.

