



## MA PPO Small Group/Individual Plan Amendment

The following amendment is effective for all small group or individual plans that are new or renewing on or after 1/1/2019. This Amendment includes important information about your health care coverage under your Massachusetts Small Group/Individual PPO plan.

### TUFTS HEALTH PLAN MEMBER Discounts

The following changes have been made to the TUFTS HEALTH PLAN MEMBER Discounts provision. All other discounts in the provision remain in place:

- **Fitness Discounts** – This provision has been changed to read: “Save 10% on personal training packages at participating Fitness Together locations and receive a free initial fitness evaluation.”
- **Fitness Club Reimbursement** -- The “Fitness Club Rebate” is now called “Fitness Center Reimbursement” and has been changed to read as follows:

#### **Fitness Center Reimbursement**

You may be eligible for a reimbursement for the cost of 3 months of fitness center fees for using a standard fitness center. If you are eligible for this reimbursement, just complete at least four consecutive months of membership in TUFTS HEALTH PLAN. Then submit the Fitness Reimbursement Form, along with proof of fitness center membership and proof of payment, and we will reimburse up to 3 months of your fitness center fees for the year.

\*Notes:

- Certain GROUPS may not offer this fitness reimbursement. If you are enrolled in a GROUP plan, check with your employer or contact TUFTS HEALTH PLAN to confirm whether you are eligible for this reimbursement.
  - The reimbursement applies to 3 months of fitness center dues once per family per year, after you have incurred up to 3 months of fitness center membership fees and have met the eligibility requirements.
  - The fitness reimbursement is paid to the TUFTS HEALTH PLAN SUBSCRIBER.
  - Only the SUBSCRIBER may request this reimbursement on behalf of the family or individuals on the family plan. We will reimburse once per CONTRACT YEAR for individual or family level fitness center membership fees.
  - This reimbursement excludes initiation fees. It covers membership fees of a standard fitness center. A standard fitness center offers cardio and strength-training machines and other programs for improved physical fitness. This reimbursement does not include luxury fitness centers, country clubs, social clubs, tennis clubs, gymnastics centers, martial arts centers, aerobic only or pool-only centers, personal trainers, sports coaches, or the purchase of personal or at-home exercise machines.
- **Nutritional Counseling** – This discount has been changed to read: “In addition to your health plan coverage for MEDICALLY NECESSARY counseling, you can receive 25% off the cost of unlimited visits with a registered dietician or licensed nutritionist in our network for services that are not COVERED SERVICES. Learn more about diets that promote good health.”

## MA PPO Small Group/Individual Plan Amendment, continued

### TUFTS HEALTH PLAN MEMBER Discounts, continued

- **Mind and Body** – The description for Concord Hospital’s Center for Health Promotion has been changed to read as follows: MEMBERS receive a 10% discount on nutrition classes costing \$25 or more, weight loss programs, childbirth classes, and Mindfulness Based Stress Reduction. To get your discount, call the Center at 603-240-7300 or register in person, and mention that you are a TUFTS HEALTH PLAN MEMBER. To preview current class offerings, see <http://www.concordhospital.org/wellness-resources>.
- **Home Instead Senior Care** – This provision has been changed to read as follows:
  - ❖ Provides home support services to you or an elderly family member, such as light housekeeping or meal preparation. As a TUFTS HEALTH PLAN MEMBER, you or a family member can receive a one-time \$100 credit towards charges for services at participating offices.
  - ❖ TUFTS HEALTH PLAN MEMBERS can also receive a free home-safety inspection once you have contracted for services with Home Instead Senior Care.
  - ❖ For more information, please contact Home Instead toll free at 888-484-5759, or see the Web site at [www.homeinstead.com](http://www.homeinstead.com). To get these free and discounted services, just show your TUFTS HEALTH PLAN MEMBER ID card.
- **Other discounts** – Some of the discounts listed under this provision have changed, and now read as follows:
  - ❖ Jenny Craig® -- Free 3 month program (food not included) + \$120 in food savings (food purchase required)\* OR save 50% off our premium programs (cost of food is separate)\*\*

\*Valid for 3-month trial membership. Weekly full menu averages \$156 (before discount), not including shipping costs. Discount split over 12 consecutive weeks with full menu purchase. Valid at participating centers and Jenny Craig Anywhere. Please call Member Services for more information about this discount and its limitations.

\*\*50% off enrollment and/or membership fees for eligible premium programs. Weekly full menu averages \$156 (before any discount), not including shipping costs. Valid at participating locations and Jenny Craig Anywhere. Please call Member Services for more information about this discount and its limitations.
  - ❖ The discount for iDiet® has been removed.
  - ❖ A new discount called “The Dinner Daily” has been added and reads as follows:

The Dinner Daily – provides MEMBERS with weekly dinner plans customized for their food preferences, dietary needs, and local grocery store specials, potentially resulting in savings of up to \$1,200 per year. MEMBERS save 25% on any Dinner Daily subscription and the first two weeks are free. To sign up, or for more information, see <https://thedinnerdaily.com/thp>. Use code THP25 to receive the discount.
  - ❖ A new discount, called MyRewards, has been added and reads as follows:

My Rewards – Your plan may include MyRewards, a program that rewards you for certain services if you receive them from defined, low-cost high quality PROVIDERS. Please go to [www.tuftshealthplan.com/member/rewards](http://www.tuftshealthplan.com/member/rewards) for more information. Please note that rewards under this program may be considered taxable income.