

A photograph of two young Black women jogging outdoors. The woman in the foreground is wearing a black tank top and is looking forward with a focused expression. The woman behind her is wearing a pinkish-purple ribbed tank top and has her hair in a high bun. They are running on a path with trees and a clear sky in the background. The lighting suggests it's either early morning or late afternoon.

# Fitness Rewards

---

# Stay in Shape and Save

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, including online fitness classes. 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 calendar 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. Reimbursements are typically processed within 4 to 6 weeks of receipt.

To learn more about Tufts Health Plan fitness discounts, go to [tuftshealthplan.com/gic](https://tuftshealthplan.com/gic) or call a member representative at 800.870.9488.



