

FITNESS REWARDS



Lifespan Health
Lifespan. Delivering health with care.™



Reward Yourself for Getting Fit

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

Fitness Rebate of up to \$150

We'll give you up to \$150 back on your fitness center membership and certain group exercise classes if you are eligible. Once you've been a member of Lifespan Health administered by Tufts Health Plan for at least three months and a member of a gym 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 also get money back for 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

Tufts Health Plan will pay up to the allowed amount of your costs paid for the year.

You can check your benefits and request your rebate online — just log into your secure online account at mytuftshealthplan.com. Or, you can mail in the form on the back of this sheet along with your documentation.



SUBMIT YOUR REBATE FORM

