

FITNESS REWARDS



REWARD YOURSELF FOR GETTING FIT

GET UP TO \$150 OR 3-MONTHS MEMBERSHIP FEE BACK

Depending on your plan and your employer, you can get money back on your fitness center membership. Members of Small Groups (1-50 employees) are eligible for up to 3 months of your monthly membership fees per family, per benefit year.

Members of Large Groups (over 50 employees) are eligible for up to \$150 per family, per benefit year and includes group exercise classes as well as gym memberships.

Once you've been a member of Tufts Health Plan and the 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, 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 If your company is a Large Group (over 50 employees) you may also 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.

Tufts Health Plan will pay up to the reimbursable amount based on your plan. Make sure to check your benefits to determine what fitness rebates you are eligible for.

GET YOUR REBATE EVEN FASTER —

Register/submit your rebate form online at: mytuftshealthplan.com under the Forms tab.
Or, you can mail in the rebate form on the reverse side.

COMPLETE YOUR REBATE FORM 

