



MASSACHUSETTS

# Fitness Benefit



Your Blue Cross Blue Shield of Massachusetts health plan can save you money annually in qualified health club membership fees or up to 10 fitness classes taken at a qualified health club.

## 3 Easy Steps to Getting Reimbursed<sup>1</sup>

**1.**   
**Choose**  
 Start by picking a qualified health club.

**2.**   
**Complete**  
 Once you pay for the program, fill out the attached form.

**3.**   
**Mail**  
 Send the completed form to the address listed at the bottom.

### Important Information

- The reimbursement is for each individual (or family) health plan and can only be submitted once each calendar year.
- Keep copies of all your paperwork and proof of payment in case you are denied reimbursement. Proof of payment includes the following:
  - Itemized, dated, paid receipts from your health club
  - Bank or credit card statements
  - Paycheck stubs if your club fees are automatically deducted from that account
- Receipts or statements should include the name of the family member enrolled and the individual charges for a full reimbursement of health club fees or fitness classes.
- The dollar amount you receive may be considered taxable income. Consult your tax advisor about how to treat this reimbursement on your taxes.

### What's covered:<sup>2</sup>

Your benefit will reimburse you for three consecutive months of membership fees from a qualified health club or for up to 10 fitness classes taken at a qualified health club.

### A qualified health club is:

A full-service health club with a variety of exercise equipment, including:

- Cardiovascular equipment like treadmills and bikes
- Strength-training equipment like free weights and weight machines

To receive the fitness reimbursement for a qualified pay-as-you-go health club, get paid receipts from the club for your records.

### What doesn't qualify?

You can't receive the fitness reimbursement for expenses for personal training, lessons, coaching, equipment, clothing, or any of the clubs below:

- Martial arts or yoga centers
- Gymnastics, tennis, aerobic, or pool-only facilities
- Country clubs or social clubs
- Sports teams or leagues

**Be sure to talk with your doctor before starting an exercise program.**

1. Before starting, check to see if your plan includes the Fitness Benefit.  
 2. Most plans offer a reimbursement for three months of membership or up to 10 fitness classes, but your employer may have offered a different benefit. Please refer to your benefits information to confirm.  
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# Fitness Reimbursement Form<sup>3</sup>

To verify this reimbursement is within your plan, log in to Member Central at [www.bluecrossma.com/membercentral](http://www.bluecrossma.com/membercentral) or call Member Service at the number on your ID card. Submit this form once per calendar year, no later than March 31 of the following year.

PLEASE PRINT ALL INFORMATION CLEARLY

## Subscriber Information (Policyholder)

Identification Number (including first 3 letters)      Subscriber's Last Name      First Name      Middle Initial

Address—Number and Street      City      State      Zip Code

Employer's Name

## Member and Claim Information

Member's Last Name      First Name      Middle Initial      Date of Birth: Mo.      Day      Yr.

Mailing Address—Number and Street (if different from subscriber's)      City      State      Zip Code

Gender

- Male  
 Female

Claim is for (check one):

- Subscriber (policyholder)       Ex-Spouse       Other (specify) \_\_\_\_\_  
 Spouse (of policyholder)       Dependent (up to age 26)

Name, Address, and Phone Number of Qualified Health Club

I am due \$ \_\_\_\_\_ for the following reimbursement (check one):

- Membership at a qualified health club. My monthly fee is \$ \_\_\_\_\_.
- Fitness classes at a qualified health club.  
My fee per class is \$ \_\_\_\_\_.

Health Plan Year

## Certification and Authorization (This form must be signed and dated below.)

I authorize the release of any information to Blue Cross Blue Shield of Massachusetts about my health club membership. I certify that the information provided in support of this submission is complete and correct and that I have not previously submitted for these services. I understand that Blue Cross may require additional evidence of health club membership and proof of payment for my membership before reimbursement is provided.

Subscriber's or

Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Questions?

To verify this reimbursement is within your plan or for further information, please log in to the Member Central website at [www.bluecrossma.com/membercentral](http://www.bluecrossma.com/membercentral) or call Member Service at the number on the front of your ID card.

### Please complete and mail this form to:

Blue Cross Blue Shield of Massachusetts  
Local Claims Department  
PO Box 986030  
Boston, MA 02298

3. Blue Cross will make a reimbursement decision within 30 calendar days of receiving a completed request for coverage or payment.



## **Nondiscrimination Notice & Translation Resources**

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

**ATTENTION:** If you don't speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: 711).

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

**ATENÇÃO:** Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).