# ExerciseRewards<sup>™</sup> Gym Reimbursement

## Get reimbursed for your gym dues. It's one more way exercise really pays off!

There are many ways routine exercise pays off. It can help you manage weight and be more flexible. It can help relieve stress. It also can help lower your risk for major health problems such as diabetes and high blood pressure.<sup>1</sup>

Now, you can have the chance to be reimbursed up to \$300 per benefit plan year<sup>2</sup> for your fitness center's membership dues. Just follow these easy steps to qualify:

- Work out 50 times<sup>3</sup> at a qualifying fitness center for each 6-month period within your benefit plan year (your benefit plan<sup>4</sup> year is the yearly period of coverage that starts at the effective date of coverage). You can use any fitness center open to the public that has staff oversight and offers regular cardio, flexibility and/or weight training programs (and meets other qualifying requirements). Plus, you can choose to use a center that offers our members a discount.
- 2. Track your workout sessions. You can use your fitness center's computer printout or the fitness log sheet on the back of the Gym Reimbursement Form.
- 3. Once you have met the visit requirement, send in a Gym Reimbursement Form with a copy of the Fitness Facility Member Verification (FFMV) Form, proof of your fitness center membership payment and record of your workout sessions (the fitness center printout or the fitness log sheet). For each 6-month period, you will get up to one-half the yearly max reimbursement amount, or your membership dues for the 6-month period, whichever is less. To get the most reimbursement, your reported workout months should start on your coverage effective date or the start of the second half of your benefit plan year.

## Keep reading to learn more!





#### Choose the workout that's right for you

Earn your reimbursement while enjoying the activities<sup>5</sup> you love such as:

- Aerobics classes
- Cardio and kickboxing
- Running
- Rowing

- Swimming
- Stair climbing
- Stationary bicycling
- Weight/resistance training

You also can go to qualifying fitness centers with classes in:

• Dance

• Pilates • Zumba<sup>®</sup>

- Tai chi
- Yoga

# Need help finding a fitness center?

For a list of fitness clubs and centers with discounts, visit empireblue.com or call the number on the back of your ID card.

In addition to getting reimbursed for your gym fees, you can take advantage of the following:

- Online tools and trackers to help you monitor your progress
- Custom meals and exercise plans
- A library of articles on health-related topics, as well as self-guided coaching courses that empower you to learn as you go and help you set future fitness goals

#### How to track your exercise

ExerciseRewards offers two ways to track your sessions:

- 1. Use your fitness center's computer printouts that track your workouts (if offered there). Simply attach them to your completed Gym Reimbursement Form; or
- 2. Fill out the fitness log on the back of the Gym Reimbursement Form. (We suggest you make a copy for future use, but you also can get a clean copy at empireblue.com.) A signature or stamp of a staff member at the fitness center is required on your log sheet after each workout.

Some fitness centers may not be aware of this program. You may need to explain the program to the staff in order to get a signature for your workouts.

To qualify for one workout session, you must exercise once during a 24-hour period. There must be at least eight hours between workouts.

#### To get reimbursed

Follow these steps after each 6-month period<sup>4</sup> or when you have met 50 visits:

- 1. Fill out the Gym Reimbursement Form.
- 2. Attach the computer printout from your fitness center or the signed fitness log sheet.<sup>6</sup>
- 3. Attach a receipt that shows you paid for the fitness membership for the timeframe in which you are seeking reimbursement.
- 4. For the first reimbursement request, include a signed copy of the Fitness Facility Membership Verification (FFMV) Form available at empireblue.com. This form only needs to be submitted once for each fitness facility per benefit plan year.
- 5. Mail these items to:

ExerciseRewards P.O. Box 509117 San Diego, CA 92150-9117

ExerciseRewards must get your request and paperwork for dues paid for prior periods no later than 90 days after the end of the benefit plan year. If you submit for reimbursement before the end of the 6-month period as you have met 50 visits, you can continue to submit for reimbursement until the end of the 6-month period. You will not be reimbursed for months for which services have not yet been provided. Make sure you have filled out all sections of the Gym Reimbursement Form and fitness log. You can download extra forms from empireblue.com. You will not receive more than your annual max reimbursement amount per contract per benefit plan year.

#### **Receiving your reimbursement**

Your reimbursement will be processed within 30 days of receiving your completed documents once the payout period ends.

### Who can take part in the program?

This program is for members aged 18 or older who have a Gym Reimbursement Program with Empire Blue Cross.

Key things to keep in mind:

- If you become eligible or add a new dependent after the effective date of your group's benefit plan year, you and your dependent can still take part in the program. Your workout session requirements and reimbursement will be prorated based on the number of months you are eligible for the program.
- You need to keep Empire Blue Cross health coverage with your current employer through the date on which you can be reimbursed.
- If you need a medical leave of absence from your exercise program, you may submit a doctor's note to ExerciseRewards and the time period covering your leave of absence will then be excluded from your eligibility period. Your workout session requirements and reimbursement will be prorated based on the number of months you were eligible to take part in the program.

#### To renew in the program

As long as your group continues enrollment in the program, you can take part in it for the next program period, up to your yearly contract max.



# Get started today - it's easy!

Go to empireblue.com to begin your journey to a more active life, or if you would like to speak with someone about the program, call the number on the back of your ID card.

#### **Exclusions and limits**

Please note the following about the Gym Reimbursement Program:

- Members younger than 18 who have coverage with Empire Blue Cross do not quality for reimbursement.
- These services and activities do not qualify: rehabilitation services, physical therapy services, country clubs, social clubs or sports teams and leagues.
- Fees or dues for participating in aerobic/fitness activities NOT in a club or center that qualifies, as well as fees for personal training, lessons (e.g., tennis and swimming), courses, HOA fees, coaching and exercise equipment or clothing purchases are not eligible for reimbursement.
- Exercise sessions at fitness facilities where a membership or class agreement is not offered or there is no staff oversight do not qualify.
- Reimbursements are based on the membership fees that are paid by a member up to the annual contract max reimbursement amount.
- Reimbursement is made based on the order of claim submission until the max reimbursement amount is exhausted.
- You will not be reimbursed for months for which services have not yet been provided. If you submit claims for months for which services have not yet been provided, the claims will be denied and you will need to submit new claims for reimbursement once the services have been provided.
- Exercise sessions before you became eligible for the Gym Reimbursement Program do not qualify.
- Requests to be reimbursed that are received later than 90 days after the end of your benefit plan year do not qualify.

Your health plan is committed to helping you achieve your best health. If you think you might be unable to meet a standard for the available reimbursement under this wellness program, you might qualify for an opportunity to receive the same reimbursable amount by different means. Contact us at 877.810.2746 Monday - Friday, 5 a.m. - 6 p.m. Pacific Time, and we will explain how you can work with your physician to find an alternative that is right for you in light of your health status.

This program is designed to help you make healthy, safe, and small changes to your health behaviors. If you choose to take part in this program, first talk to your doctor or health care provider. This program may not be safe for everyone. If you are pregnant or have an injury or health condition, talk to a doctor before you start. Some parts of this program may not be safe if you have certain health problems. Your doctor can tell you if this program is safe for you.

This is a summary only. It is subject to the terms, conditions and limitations and exclusions set forth in any additional Riders or Contracts your group may have bought. Be sure to check your benefit contract or certificate for full details about your coverage.

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1 Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional. 2 Up to your yearly maximum reimbursement amount. The amount of the reimbursement may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations. 3 50 visits per member.

4 Benefit plan year is determined by your group's effective and renewal dates. Your benefit year is based on 12 months; therefore, this reimbursement program is based on two specific six-month periods within your benefit plan year. Reimbursement for the benefit plan year cannot be made more than 90 days after a benefit plan year expires. 5 Must be at a qualifying fitness club or center open to the public.

6 You may not submit any false information to qualify for the program. Doing so will void your reimbursement.

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