

Fitness

B E N E F I T



If you have a Blue Cross Blue Shield of Massachusetts managed care plan, we've got a healthy incentive for you.

As a subscriber to HMO Blue,[®] Blue Choice,[®] Blue Care[®] Elect, or one of our employer-specific managed care plans, your Fitness Benefit can save you or your family up to \$150 per calendar year in qualified health club membership fees. And, you can claim your Fitness Benefit after you've belonged to your health club and been a Blue Cross Blue Shield of Massachusetts member for at least four months (in a calendar year).

What kinds of health clubs qualify?

When selecting a health club, you'll need to pick one with a variety of cardiovascular and strength-training exercise equipment, such as traditional health clubs, Ys, and JCCs. To receive the Fitness Benefit for a qualified health club that doesn't require monthly or annual fees for aerobic or fitness activities, just make sure to get full documentation from the club.

Please note that martial arts centers; gymnastics facilities; country clubs; tennis, aerobic, or pool-only facilities; social clubs; and sports teams or leagues do **not** qualify. You cannot receive the Fitness Benefit for any aerobic/fitness activity fees (including those paid for personal training, lessons, coaching, exercise equipment, or clothing) paid to a non-qualified health club.

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

What do I need to do?

First, check to be sure that your coverage includes the Fitness Benefit. Second, you'll need to have been a member of your health club and Blue Cross Blue Shield of Massachusetts for at least four months (in a calendar year).

Simply send to Blue Cross Blue Shield:

- **The Fitness Benefit Form**, answering all questions (please note that the \$150 is per individual or family membership, per calendar year).
- **A copy of your health club agreement or contract** that includes the name and address of the health club and the membership or class dates.
- **8 1/2" x 11" photocopies of dated, paid receipts**, or your bank or credit card statements, or paycheck stub if your club fees are automatically deducted from those accounts. Receipts or statements should include the name of the family member enrolled in the club and the individual charges for four months of health club membership or class fees.
- **Then mail the form and copies of your health club contract and paid receipts or statements** to the address at the bottom of the attached claim form. If you have any questions, please call the Member Service number on your ID card.



We encourage you to keep copies of all the paperwork you send us.

Any services denied for payment will be noted on your Claim Summary. We do not return any receipts or contract copies, even if they are denied for payment.





FITNESS BENEFIT FORM

DO NOT WRITE IN THIS SPACE
OFFICE USE ONLY

PLEASE PRINT ALL INFORMATION CLEARLY

SUBSCRIBER INFORMATION (person in whose name coverage is held)

Identification Number (including alpha prefix)	SUBSCRIBER'S LAST NAME	FIRST NAME	MIDDLE INITIAL
Address—Number and Street	City	State	Zip Code
Employer's Name			

MEMBER INFORMATION

Member's Last Name	First Name	Middle Initial	Date of Birth: Mo. / Day / Year
Mailing Address (if different from subscriber's) Address—Number and Street	City	State	Zip Code

Gender	Claimant is (check one):		
1. <input type="checkbox"/> Male	1. <input type="checkbox"/> Subscriber (coverage holder)	3. <input type="checkbox"/> Child (age 19 or younger)	5. <input type="checkbox"/> Student (age 19 or older)
2. <input type="checkbox"/> Female	2. <input type="checkbox"/> Spouse (of coverage holder)	4. <input type="checkbox"/> Handicapped Dependent (age 19 or older)	6. <input type="checkbox"/> Stepchild
			7. <input type="checkbox"/> Other (specify) _____

WHEN TO SUBMIT THIS FORM:

- **After** your employer has added the benefit. (Check with your employer, if necessary, to verify the date when coverage was added.)
- **After** you have been a member of a health club and Blue Cross Blue Shield of Massachusetts for at least 4 months in a calendar year.
- **Once per calendar year, filed by March 31 of the following year.**

HEALTH CLUB INFORMATION REQUIRED

(Attach 8 1/2" x 11" photocopies of dated, paid health club receipts and your health club agreement/contract.)

Name and Address of Health Club

TOTAL NUMBER OF RECEIPT COPIES ATTACHED: _____ TOTAL AMOUNT SUBMITTED: \$ _____

CERTIFICATION AND AUTHORIZATION (This form must be signed and dated below.)

I authorize the release of any information to Blue Cross and Blue Shield of Massachusetts, Inc., 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.

Subscriber's/Member's Signature: _____ Date: _____

Please tear off, fold, and mail this form (including copies of paid receipts) to:
 Blue Cross Blue Shield of Massachusetts
 Local Claims Department
 PO Box 986030
 Boston, MA 02298