



FITNESS REWARDS

Stay in Shape and Save



Get Up to \$150 or 3-Months Membership Back

You can get money back on your fitness membership depending on your plan and the size of your employer:

- **Small Group (1-50 employees):** Up to 3 months of monthly membership fees per family, per benefit year
- **Large Group (50+ employees):** Up to \$150 per family, per benefit year. May also include certain group exercise classes — check your benefits

You're eligible for the rebate once you've been a member of Tufts Health Plan and the gym for at least four consecutive months.

Rebate Rules:

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. These include, but are not limited to: Pilates, Zumba, yoga, aerobics, and kickboxing. Classes held in a residential setting or dance classes are not included. Check your benefits to see if they include a rebate for group exercise classes.

Tufts Health Plan will pay up to the reimbursable amount based on your plan.

GET YOUR REBATE

Submit your rebate form online at: mytuftshhealthplan.com under the Forms tab.
Or, you can mail in the rebate form on the reverse side.

REBATE FORM ON BACK 



