

IT PAYS TO WORK OUT!



Get Fit and Get Reimbursed!

Did you know that all of the WSHG health plans offer reimbursement for fitness? Check out your plan to see what is covered. It literally pays to work out!

Harvard Pilgrim Health Care: Receive up to \$150/individual or family policy towards:
a qualified health and fitness club.

Click here for additional details: [Fitness Pays](#)

Tufts Health Plan: Receive a 20% discount on an annual membership,
with no initiation or joining fees at any of Tufts 80 network fitness centers in MA, NH and RI.

Additional discounts include: 50% when joining a participating Curves® Club, 10% on personal training and a free evaluation at Fitness Together, no joining fee and a 20% discount on most programs at network Boys & Girls Clubs in MA & RI, and \$6 - \$10 copay for up to 5 visits/month at Tufts Health Plan Network Fitness Centers.

Click here for additional details: [Fitness Rewards](#)

Blue Cross Blue Shield: Receive up to \$300/individual or family membership towards:
a qualified health club membership or fitness classes.

Click here for additional details: [Fitness Benefit](#)

Fallon Health: FCHP Select Care members: receive up to \$400/family contract, or \$200/individual plan,
and FCHP Direct Care members: receive up to \$500/family contract, or \$250/individual plan towards:
gym memberships, Pilates, yoga, school and town sports programs, ski passes, race fees, ski mountain lift tickets,
home fitness equipment, karate, swim lessons and more.

Click here for additional details: [It Fits](#)