

# DECEMBER WELLNESS



**THIS HOLIDAY SEASON, GIVE YOURSELF THE GIFT OF FITNESS!**

Each WSHG Health Provider offers fitness reimbursement to WSHG Members. Participate in fitness, and receive reimbursement from your provider! Please refer to the links below to find out more specifics about your plan.

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## Harvard Pilgrim Members:

Harvard Pilgrim Members can be reimbursed up to \$150 towards monthly fees at health clubs and fitness centers that offer cardiovascular and strength training equipment. Also, *new in 2016*, reimbursement will be given towards studios and facilities that offer Yoga, Zumba, Pilates, Tennis, CrossFit, Personal Training by a certified instructor, Indoor Rock Climbing, Indoor Cycling/Spinning Classes and more!

Click here: [HP Fitness Reimbursement Program](#) to find additional information.

Click here: [HP Fitness Reimbursement Form](#) to find the fitness reimbursement form.

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## BCBS Members:

BCBS Members can be reimbursed up to \$300 per calendar year in qualified health club membership fees. Health Clubs that apply for reimbursement are full service clubs which offer a variety of cardiovascular machines and strength training equipment. For information and the fitness reimbursement form, click here:

[BCBS Fitness Program and Benefit Form](#)

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## Fallon Members:

Fallon Direct Care Members can be reimbursed up to \$500 per family contract, and \$250 per individual contract. Fallon Select Care Members can be reimbursed up to \$400 per family contract, and \$200 per individual contract. Reimbursement money can be used towards a variety of fitness including: Gym Memberships, Ski Lift Tickets, Pilates, Karate, Swim Lessons, Lacrosse, Race Fees, Cardiovascular Home Fitness Equipment and much more!

For a complete list, and to find more information and the fitness reimbursement form, click here:

[FCHP "It Fits" Reimbursement Information and Form](#)

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## Tufts Members:

Tufts Members can receive a rebate for up to \$150 per year for fitness centers that offer cardiovascular machines, strength training machines and other programs that for improved physical fitness.

Tufts Members also receive discounts on Network Fitness Centers, and programs such Curves, Fitness Together and Boys & Girls Clubs in Massachusetts and Rhode Island.

For additional information, and to find the fitness reimbursement form, click here:

[Tufts Fitness Rewards and Reimbursement Form](#)