



**IT PAYS TO WORK OUT!**



## **Get Fit and Get Reimbursed in 2018!**

WSHG health plans offer reimbursement for fitness.  
Check out your plan to see what is covered.  
It literally pays to work out!

Please visit the WSHG Website link below or the website of your health provider for specific instructions. Some plans have timelines for reimbursement submission.

**Harvard Pilgrim Health Care:** Receive up to \$150 for you or your dependents monthly fees for a facility that provides cardiovascular and strength training equipment. Qualifying facilities also include fitness studios and facilities that offer yoga, Pilates, Zumba, aerobic/group classes, indoor cycling/spinning, kickboxing, CrossFit, strength conditioning, tennis, indoor rock climbing and personal training (taught by a certified instructor).

**Tufts Health Plan:** Receive up to \$150 on memberships at fitness centers that offer cardiovascular and strength training and other programs for improved physical fitness. In addition, receive discounts on some fitness products, some fitness facilities such as Curves, CorePower Yoga and Anytime Fitness, MetroRock Rock Climbing, Fitness Together Personal Training, Appalachian Mountain Club Membership certain race registrations, home swim lessons, some online workout and magazine subscriptions.

**Blue Cross Blue Shield:** Receive up to \$300 for you or your family towards membership fees to a qualified health club that offers a variety of exercise equipment which includes cardiovascular equipment and strength training equipment.

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

For additional details, full lists of eligible fitness actives,  
and submission instructions,

please click here to reach the Fitness Reimbursement Page of the WSHG website:

**[West Suburban Health Group Fitness Reimbursements](#)**