



IT PAYS TO WORK OUT!



Get Fit and Get Reimbursed!

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 and restrictions for reimbursement.

Harvard Pilgrim Health Care: Receive up to \$150 for monthly fees, for you or your dependents, at a qualified facility that provides cardiovascular and strength training equipment, and that you or your dependents have been a member for 4 months in a current calendar year. Qualifying facilities include health clubs, YMCA's, Jewish Community Centers, fitness studios or facilities that offer fitness such as: yoga, Pilates, Zumba, indoor cycling, kickboxing, CrossFit, tennis, indoor rock climbing, personal training (taught by a certified instructor) and more. Please click the link below to see additional studios/facilities that are covered, and restrictions that apply.

Tufts Health Plan: Receive up to \$150 on memberships at fitness centers that offer cardiovascular and strength training, and some group exercise classes such as yoga, kickboxing, Pilates and Zumba. Note that restrictions apply for class reimbursement. Please call Member Services to confirm that classes are covered. In addition, Tufts members can receive discounts at some fitness facilities, certain race registrations, some online workouts, select home fitness equipment and more. Please click the link below to reach the Tufts links for details on fitness rebates and discounts.

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, town sports programs, new cardiovascular home exercise equipment (such as treadmills, air walkers, stationary cycles & more), ski passes, race fees, ski mountain lift tickets & season passes, karate, dance lessons, swim lessons and more.

For additional details, full lists of eligible fitness actives, restrictions that apply, submission instructions, and reimbursement forms, please click here:

[WSHG Fitness Reimbursement Information and Forms](#)