

When you claim your Fitness Benefit, please mail this form directly to:

Blue Cross Blue Shield of Massachusetts
Local Claims Department
PO Box 986030
Boston, MA 02298

Remember, you can only submit for your Fitness Benefit:

- After your employer has added the benefit. (Check with your employer if necessary to verify the date when coverage was added.)
- After you have been a member of a health club and Blue Cross Blue Shield of Massachusetts for at least four months in a calendar year, and had active coverage for the dates submitted on your claim form.
- Once per calendar year, filed by March 31 of the following year, with 8 1/2" x 11" photocopies of dated, paid receipts.

Have you...

- enclosed photocopies of receipts and contracts, showing four months of membership and payments?
- written your Blue Cross Blue Shield ID number in the space provided?
- signed and dated the completed Fitness Benefit Form?

Questions?

For further information, call Member Service at the number shown on the front of your ID card.



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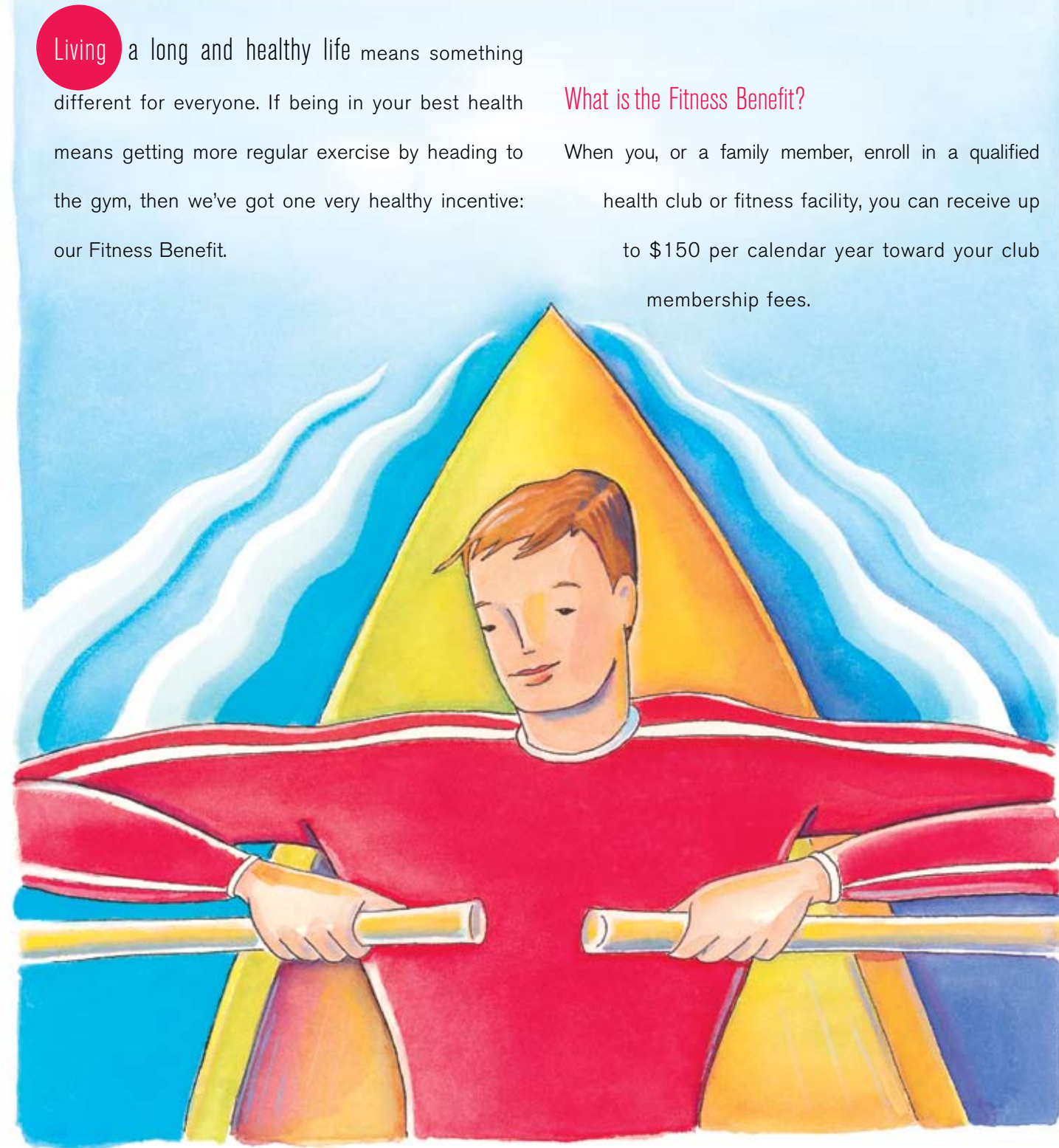
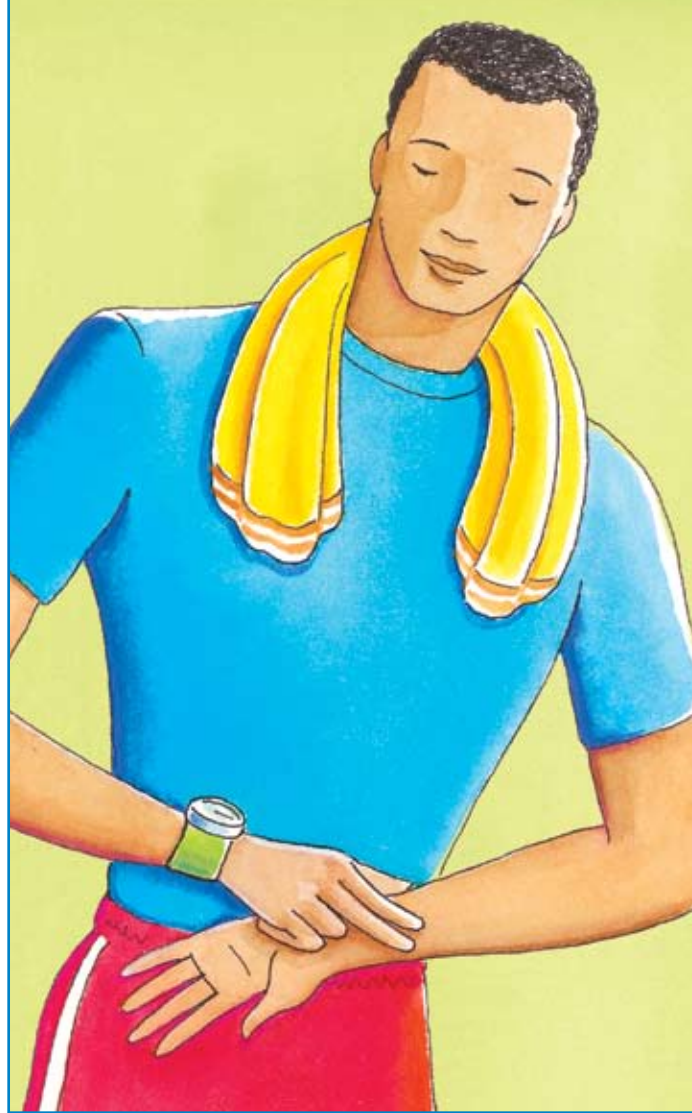
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HMO Blue, Inc.
#74610

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Fitness

B E N E F I T



Living a long and healthy life means something different for everyone. If being in your best health means getting more regular exercise by heading to the gym, then we've got one very healthy incentive: our Fitness Benefit.

What is the Fitness Benefit?

When you, or a family member, enroll in a qualified health club or fitness facility, you can receive up to \$150 per calendar year toward your club membership fees.

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association



If you have a Blue Cross Blue Shield of Massachusetts managed care plan, we've got a healthy incentive for you.

As a subscriber to HMO Blue,[®] Blue Choice,[®] Blue Care[®] Elect, or one of our employer-specific managed care plans, your Fitness Benefit can save you or your family up to \$150 per calendar year in qualified health club membership fees. And, you can claim your Fitness Benefit after you've belonged to your health club and been a Blue Cross Blue Shield of Massachusetts member for at least four months (in a calendar year).

What kinds of health clubs qualify?

When selecting a health club, you'll need to pick one with a variety of cardiovascular and strength-training exercise equipment, such as traditional health clubs, Ys, and JCCs. To receive the Fitness Benefit for a qualified health club that doesn't require monthly or annual fees for aerobic or fitness activities, just make sure to get full documentation from the club.

Please note that martial arts centers, gymnastics facilities, country clubs, tennis, aerobic or pool-only facilities, social clubs, and sports teams or leagues do **not** qualify. You cannot receive the Fitness Benefit for any aerobic/fitness activity fees (including those paid for personal training, lessons, coaching, exercise equipment, or clothing) paid to a non-qualified health club.

Be sure to check with your doctor before starting an exercise program.



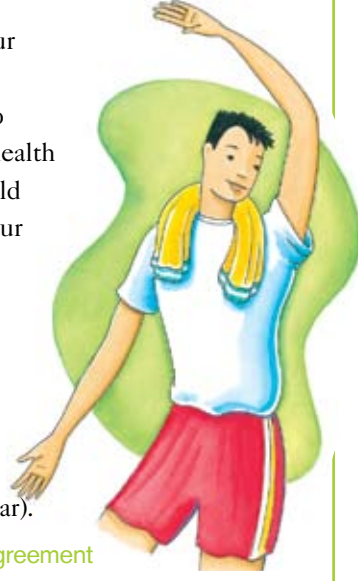
What do I need to do?

First, check to be sure that your coverage includes the Fitness Benefit. Second, you'll need to have been a member of your health club and Blue Cross Blue Shield of Massachusetts for at least four months (in a calendar year).

Simply send to us:

- **The Fitness Benefit Form**, answering all questions (please note that the \$150 is per individual or family membership, per calendar year).
- **A copy of your health club agreement or contract** that includes the name and address of the health club and the membership or class dates.
- **8 1/2" x 11" photocopies of dated, paid receipts**, or your bank or credit card statements, or paycheck stub if your club fees are automatically deducted from those accounts. Receipts or statements should include the name of the family member enrolled in the club and the individual charges for four months of health club membership or class fees.
- **Then mail the form and copies of your health club contract and paid receipts or statements** to the address at the bottom of the attached claim form. If you have any questions, please call the Member Service number on your ID card.

We encourage you to keep copies of all the paperwork you send us. Any services denied for payment will be noted on your Claim Summary. We do not return any receipts or contract copies, even if they are denied for payment.



Fitness Benefit Form

PLEASE PRINT ALL INFORMATION CLEARLY

DO NOT WRITE IN THIS SPACE OFFICE USE ONLY	
SUBSCRIBER INFORMATION (person in whose name coverage is held)	
Identification Number (including alpha prefix)	Subscriber's Last Name
Address—Number and Street	City
Employer's Name	State
	Zip Code
MEMBER INFORMATION	
Member's Last Name	First Name
	Middle Initial
Mailing Address (if different from subscriber's Address—Number and Street	Date of Birth: Mo. / Day / Year
	City
	State
	Zip Code
Gender	Claimant is (check one):
1. <input type="checkbox"/> Male	1. <input type="checkbox"/> Subscriber (coverage holder)
2. <input type="checkbox"/> Female	2. <input type="checkbox"/> Spouse (of coverage holder)
	3. <input type="checkbox"/> Child (age 19 or younger)
	4. <input type="checkbox"/> Handicapped Dependent (age 19 or older)
	5. <input type="checkbox"/> Student (age 19 or older)
	6. <input type="checkbox"/> Stepchild
	7. <input type="checkbox"/> Other (specify) _____
WHEN TO SUBMIT THIS FORM:	
<ul style="list-style-type: none"> • After your employer has added the benefit. (Check with your employer, if necessary, to verify the date when coverage was added.) • After you have been a member of a health club and Blue Cross Blue Shield of Massachusetts for at least four months in a calendar year. • Once per calendar year, filed by March 31 of the following year. 	
HEALTH CLUB INFORMATION REQUIRED	
(Attach 8 1/2" x 11" photocopies of dated, paid health club receipts and your health club agreement/contract.)	
Name and Address of Health Club	

TOTAL NUMBER OF RECEIPT COPIES ATTACHED: _____ TOTAL AMOUNT SUBMITTED: \$ _____

CERTIFICATION AND AUTHORIZATION (This form must be signed and dated below.)

I authorize the release of any information to Blue Cross and Blue Shield of Massachusetts, Inc., about my health club membership. I certify that the information provided in support of this submission is complete and correct and that I have not previously submitted for these services.

Subscriber's/Member's Signature: _____ Date: _____

Please tear off, fold, and mail this form (including copies of paid receipts) to:

Blue Cross Blue Shield of Massachusetts
Local Claims Department
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Boston, MA 02298