MEDICARE ADVANTAGE MEMBERS
RECEIVE UP TO $150* FOR BEING ACTIVE
GETTING REGULAR EXERCISE COULD EARN YOU BIG REWARDS

Living a long and healthy life means something different for everyone. If being in your best health means getting regular exercise, then we’ve got a very healthy incentive: our Fitness Benefit.

What is the Fitness Benefit?
Receive up to $150* per calendar year toward your fitness club membership fees or exercise classes fees. Employer group benefits may vary.

What kinds of fitness programs qualify?
A full service health club with cardiovascular and strength-training equipment; fitness classes at participating Council on Aging sites; and, a fitness studio where you take instructor-led group such as yoga, pilates, zumba, kickboxing, cross-fit, and indoor cycling/spinning and other exercise classes.

What kinds of fitness programs do not qualify?
Please note that fees paid for gymnastics, tennis, pool-only facilities, martial arts schools, instructional dance studios, country clubs or social clubs, sports teams or leagues do not qualify. You cannot receive the Fitness Benefit for personal trainer sessions, exercise equipment, or clothing.

Take control of your health with exercise.
Talk with your doctor about the benefits of regular exercise, ask questions, and develop a plan that’s right for you. Take advantage of your doctor’s expertise.

*Members of Medicare HMO Blue SaverRx plan can get reimbursed up to a total of $250 each calendar year.
SUBMISSION REMINDER

Remember, you can only submit for your Fitness Benefit once per calendar year, filed by March 31 of the following year.

**Have you…**

- written your Blue Cross Blue Shield of Massachusetts ID number in the space provided?
- included the name and address of the fitness class or program?
- signed and dated the completed Fitness Benefit form?

**Questions?**

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

Blue Cross Blue Shield of Massachusetts is an HMO and PPO Plan with a Medicare contract. Enrollment in Blue Cross Blue Shield of Massachusetts depends on contract renewal.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation or gender identity.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-678-2265 (TTY: 711).