



## Fitness Reimbursement Program for Anthem members in New Hampshire

### It pays to join a fitness center.

#### What you get:

You or your family can get up to \$200 per subscriber contract, per calendar year for membership dues at a fitness center. You just need to exercise regularly. Because plans vary, you will want to make sure you're eligible for this fitness reimbursement program. Just call the Customer Service number on the back of your ID card.

#### How it works:

You'll choose an established fitness center that offers the type of classes, programs, and fitness equipment that's right for you.

Let's say you join a YMCA, and you want to use the cardiovascular equipment, such as a treadmill or rowing machine. To qualify for your reimbursement, you must meet the minimum exercise requirements: Exercise at your fitness center 48 times within the calendar year. Each time you exercise, record it on your Fitness Reimbursement Program Log Card and ask a fitness center staff person to initial it, or get a copy of your fitness center's computer printout.

We set up these minimum levels of activity to make sure you're getting benefits from your efforts. Of course, to get the most from your workouts, you should exercise at least three times a week, year-round.

#### Reimbursement steps:

1. Pay your fitness center dues and keep the receipt(s). Receipts must be original and include the name of the fitness center, description of the membership purchased, date of payment, amount paid and the name of the person using the membership.  
If your fitness center dues are electronically debited from your bank account, ask for a receipt or submit copies of your bank statements with the specific withdrawals circled.
2. Start your exercise program. Use the Fitness Reimbursement Program Log Card to record each time you exercise and ask a fitness center staff member to initial it. Or, use your fitness center's computer print out.
3. Complete the Fitness Reimbursement Form. Instructions are on the back of the form.
4. Mail your completed Fitness Reimbursement Form, Fitness Reimbursement Program Log Card and original receipt(s) to:

Claims Department  
Anthem Blue Cross and Blue Shield  
P.O. Box 533  
North Haven, CT 06473-0533

### Exercise requirements:

Regular exercise is an essential part of good health. But to reap the benefits, you have to do it! To be eligible for reimbursement, you must meet minimum levels of exercise activity in a calendar year:

- Exercise at least 48 times within the calendar year.
- Complete a Fitness Reimbursement Program Log Card or use your fitness center's computer printout. If using the Log Card, Have a fitness center staff member initial it each time you work out.

### Fitness reimbursement rules:

- The reimbursement is on a calendar-year basis (January 1 – December 31 of a given year). Log cards, fitness center printouts and receipts must reflect activity within a calendar year.
- Workouts must be recorded on the Fitness Reimbursement Program Log Card or on the fitness center's computer printout.
- We will not accept photocopies of receipts or log cards.

- Reimbursement is limited to a maximum of \$200 per subscriber contract, per calendar year based on the amount shown on the receipt(s) submitted.
- No credit will be issued for unused portions of the calendar-year fitness reimbursement.
- We must receive your reimbursement request within one year of completing your Fitness Reimbursement Program Log Card or your computer printout from your fitness center.
- The following are not eligible for reimbursement: Guest fees, equipment fees, court time fees, waived membership fees, tournament fees, social memberships, country club dues, lesson charges and all other miscellaneous fees.
- You are not eligible for this program if your health plan membership has lapsed for any reason. Your health plan membership must be in effect while you are taking part in this program.
- This Fitness Reimbursement Program must be available under your plan. To make sure you're eligible, call the Customer Service number on the back of your ID card.



©2010 copyright of Anthem Insurance Companies, Inc.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ®ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.