

BMC HealthNet Plan Wants to Help You *Get Fit!*

BMC HealthNet Plan Commonwealth Care members: there's never been a better time to get fit. BMC HealthNet Plan's fitness benefit can save you up to \$50 per calendar year in qualified health club membership fees. You can claim your fitness benefit after you've belonged to your health club and been a BMC HealthNet Plan Commonwealth Care member for at least three months (in a calendar year).

What kinds of health clubs qualify for the fitness benefit?

When choosing a health club, you'll need to pick one that offers both cardiovascular and strength-training exercise equipment, such as:

- Traditional health and fitness clubs
- YMCA or YWCA's
- Jewish Community Centers

What kinds of clubs do not qualify?

Martial arts centers

Gymnastics facilities

Social clubs

Tennis or pool-only facilities

Country clubs

Sports teams or leagues

What do I need to do?

- Be sure to check with your doctor before starting any fitness or exercise program.
- Join a health or fitness club and start working out.
- To receive your benefit, you'll need to have been a member of your health club and BMC HealthNet Plan Commonwealth Care for at least three months (in a calendar year). Make sure to send us your reimbursement request no later than March 31 of the following year.

Simply send these items to BMC HealthNet Plan:

- The attached fitness reimbursement form. Be sure to answer all questions (please note that the \$50 is for your 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.
- Proof of your health club payment. You can send photocopies of one of the following:
 - Dated, paid receipts
 - Your bank or credit card statements
 - Paycheck stub if your club fees are automatically deductedNote: Receipts or statements should include your name and the individual charges for three 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 Services Call Center at 1-877-957-5300.**

Keep copies of all the paperwork you send us. BMC HealthNet Plan can not be responsible for lost, late or misdirected mail or for keeping documents on file. Please allow 6-8 weeks for processing.



Fitness Reimbursement Form

PLEASE PRINT ALL INFORMATION CLEARLY

WHEN TO SUBMIT THIS FORM:

- After you have been a member of a health or fitness club and BMC HealthNet Plan Commonwealth Care at the same time for at least three months in a calendar year. You must be a member of BMC HealthNet Plan at the time you are submitting the reimbursement form.
- Once per calendar year, filed no later than March 31 of the following year.

MEMBER INFORMATION

Your Member ID Number (found on your BMC HealthNet Plan ID card)

_____ Member's Last Name	_____ First Name	_____ Middle Initial
-----------------------------	---------------------	-------------------------

_____ Address	_____ City	_____ State	_____ Zip Code
------------------	---------------	----------------	-------------------

Check here if new address

Phone

HEALTH CLUB INFORMATION REQUIRED

(Attach 8 1/2" x 11" photocopies of dated, paid health club receipts, bank/credit card statements, or paycheck stub along with a copy of your health club agreement/contract.)

Name and Address of Health Club (please print on lines below)

TOTAL NUMBER OF RECEIPT COPIES ATTACHED: _____

REIMBURSEMENT AMOUNT REQUESTED: \$ _____

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

I authorize the release of any information to BMC HealthNet Plan 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.

Member's Signature: _____ Date: _____

Please fold and mail this form (including copies of required documents) to:

BMC HealthNet Plan, Fitness Reimbursement, Two Copley Place, Suite 600, Boston MA 02116

BMC HealthNet Plan will reimburse members in the form of a gift card or certificate.