



## Tufts Health Plan Members Receive a Fitness Program with the Most Value!

Members can take advantage of our valuable discounts and wide network of participating fitness centers and gyms:

- The Tufts Health Plan program is member based (versus subscriber only)
- All initiation/joining fees are waived at Tufts Health Plan participating network fitness clubs
- Members save 20% – 60% on all membership fees\*
- Self-insured employers can elect to provide a \$150 mail-in fitness rebate (per household) on annual gym member fees after four consecutive months of membership with both Tufts Health Plan and a qualifying health and fitness club.
- Our fitness program is available to every member/group\*\*
- Members can visit participating Tufts Health Plan network fitness centers without joining and pay a small copayment at each visit, for up to 5 visits per month:
  - Age 0–5: Free
  - Age 6–15: \$3
  - Age 16+: \$6
  - Tufts Health Plan Medicare Preferred members: \$3

### COMPARE TUFTS HEALTH PLAN'S FITNESS PROGRAM TO THE COMPETITION

	TUFTS HEALTH PLAN	BLUE CROSS BLUE SHIELD MA <sup>1</sup>	HARVARD PILGRIM HEALTH CARE <sup>2</sup>
<b>Gym Discount</b>	Members save 20% – 60% off all membership fees  No initiation or joining fees at Tufts Health Plan participating network fitness centers (available for all family members)  Self-insured employers can elect to provide \$150 rebate (per household)	\$150 per year rebate per subscriber (for those eligible)	\$150 per year rebate per subscriber (for those eligible)  One week free trial membership at all participating facilities
<b>Availability</b>	Every group includes this program in their plan	Every full-insured group includes this benefit, self-insured groups must buy program	Only available when group buys program
<b>Reimbursement</b>	Members receive discount upon joining fitness club and showing Tufts Health Plan ID card  GlobalFit members register online for discount <a href="http://www.globalfit.com/tuftshealthplan">www.globalfit.com/tuftshealthplan</a>	Members must apply to receive the rebate by sending in form and verification of payment	Members must apply to receive the rebate by sending in form and verification of payment
<b>Fitness Network</b>	Wide network of gyms including Tufts Health Plan network of fitness centers, GlobalFit Network of gyms, and Curves	Most gyms and fitness programs	IFCN network of gyms and other qualifying fitness clubs

\* This refers to the 20% discount for the Tufts Health Plan network of fitness centers and up to 60% discount for the GlobalFit network (average savings with GlobalFit is 50%). Members receive a 50% discount on joining fees at Curves.

\*\* CareLink members have access to the CIGNA fitness program. CIGNA fitness program includes access to the GlobalFit network and their Health Rewards program. Liberty members will receive the 20% discount from Tufts Health Plan network of fitness centers as well as the Vitality rebate of \$100 – \$500.



## See how John and Sarah took advantage of the Tufts Health Plan fitness program

John has just become a Tufts Health Plan member. He recently decided to join the gym that is near his office. Since the gym is part of the Tufts Health Plan fitness network, John automatically receives a 20% discount on his annual membership of \$600. In addition, the \$99 joining fee has been waived as part of the program.

In addition, John's wife Sarah decides to join the local Curves. Since Sarah is a dependent on John's plan, she also receives a 50% discount on the initial joining fee of \$149 and also receives the 13<sup>th</sup> month free after paying for a 12-month membership (\$580 per year).

If John's employer is a self-insured client and has elected to offer the \$150 mail-in fitness rebate, the potential total savings would be \$491.83.

### COMPARE TUFTS HEALTH PLAN'S FITNESS PROGRAM TO THE COMPETITION

	TUFTS HEALTH PLAN	BLUE CROSS BLUE SHIELD MA <sup>1</sup>	HARVARD PILGRIM HEALTH CARE <sup>2</sup>
<b>John &amp; Sarah's Fitness Program Savings</b>	John — \$120 (20% discount) + \$99 (initiation fee) = \$219 Sarah — \$74.50 (50% discount on initiation fee) + \$48.33 (one free month) = \$122.83 <b>TOTAL SAVINGS = \$341.83 PER YEAR</b> *Plus \$150 if self-insured employer has elected this option	John — \$150 per year Sarah — \$0 <b>TOTAL SAVINGS = \$150</b>	John — \$150 per year Sarah — \$0 <b>TOTAL SAVINGS = \$150 + ONE FREE WEEK</b>
<b>John &amp; Sarah's Fitness Program Availability</b>	Automatically built into John's employer's Tufts Health Plan offering	John's employer may offer this benefit as part of the company plan	John's employer may offer this benefit as part of the company plan
<b>John &amp; Sarah's Fitness Program Reimbursement</b>	Immediate upon showing member ID card during signup GlobalFit members register online and receive discount upon payment <a href="http://www.globalfit.com/tuftshealthplan">www.globalfit.com/tuftshealthplan</a>	Would need to submit forms and paperwork, 4 months + after joining	Would need to submit forms and paperwork, 4 months + after joining

### Tufts Health Plan provides members a variety of great discounts as part of our fitness program:

- **Fitness Centers:** Save 20% on annual memberships to participating health clubs, with no initiation or joining fees.
- **GlobalFit Network:** Provides members access to more than 1,500 top fitness clubs. Members can save up to 60% off monthly dues and take advantage of month-to-month memberships.
- **Curves®:** Join a Curves Fitness Center and save 50% on the initiation or joining fee in addition to earning a free month.
- **Weight Watchers®:** Sign up for Weight Watchers and your registration fee will be waived upon enrollment. Members are also eligible to receive a \$10 discount on online subscriptions and "at-home" kits.
- **Appalachian Mountain Club:** Join the Appalachian Mountain Club and save 20% on an individual or family membership.
- **Boys and Girls Club:** Members under 18 can join a local Boys and Girls Club at no charge, and some club programs are discounted.

1. Source: Blue Cross Blue Shield of Massachusetts, 8/21/06, Web site: [http://www.bluecrossma.com/common/en\\_US/myWellbeingIndex.jsp?levelTwoCategory=Healthy+Discounts&targetTemplate=titleBody.jsp&isLevelThreeSelected=true&repId=%2Fcommon%2Fen\\_US%2Frepositories%2FCommonMainContent%2FmyWellbeing%2FhealthyDiscounts%2FmyWellbeing\\_healthyDiscounts\\_visionDiscounts.xml](http://www.bluecrossma.com/common/en_US/myWellbeingIndex.jsp?levelTwoCategory=Healthy+Discounts&targetTemplate=titleBody.jsp&isLevelThreeSelected=true&repId=%2Fcommon%2Fen_US%2Frepositories%2FCommonMainContent%2FmyWellbeing%2FhealthyDiscounts%2FmyWellbeing_healthyDiscounts_visionDiscounts.xml)  
 2. Source: Harvard Pilgrim HealthCare, 8/21/06, Web site: [http://www.harvardpilgrim.org/portal/page?\\_pageid=213,180378&\\_dad=portal&\\_schema=PORTAL](http://www.harvardpilgrim.org/portal/page?_pageid=213,180378&_dad=portal&_schema=PORTAL)