



TUFTS HEALTH PLAN MEMBERS RECEIVE A FITNESS PROGRAM WITH GREAT VALUE!

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

FITNESS PROGRAM HIGHLIGHTS

Gym Discount

Members save 20%–60% on all membership fees*

No initiation or joining fees at Tufts Health Plan network of fitness centers (available for all family members)

Members receive discount upon joining network fitness clubs and showing Tufts Health Plan ID card

Members register online for GlobalFit discount at www.globalfit.com/tuftshealthplan

Fitness Network

Wide network of gyms, including Tufts Health Plan network of fitness centers, GlobalFit Network of gyms, and Curves

- Our fitness program is available to every member
- Members save 20%–60% on all membership fees*
- All initiation/joining fees are waived at Tufts Health Plan network of fitness centers
- The Tufts Health Plan fitness network includes:
 - Tufts Health Plan network of fitness centers (76 clubs/gyms; 36 Boys & Girls clubs)
 - GlobalFit network of gyms nationwide (80+ in MA; 2,000 nationwide)
 - Curves® in New England (approximately 169)
 - Fitness Together discount program
- 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

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

Continued on reverse

FOR MORE INFORMATION

Member Services 1-800-462-0224

www.tuftshealthplan.com

TUFTS  **Health Plan**
No one does more to keep you healthy.



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 13th month free after paying for a 12-month membership (\$580 per year). John and Sarah's potential total savings would be \$341.83.

Tufts Health Plan's Fitness Program Helps Save You Money

TUFTS HEALTH PLAN

John & Sarah's Fitness Program Savings	John — \$120 (20% discount) + \$99 (initiation fee) = \$219 Sarah — \$74.50 (50% discount on initiation fee) + \$48.33 (one free month) = \$122.83 TOTAL SAVINGS = \$341.83
John & Sarah's Fitness Program Availability	Automatically built into John's employer's Tufts Health Plan offering
John & Sarah's Fitness Program Reimbursement	Receive discount upon showing member ID card during signup GlobalFit members register online and receive discount upon payment www.globalfit.com/tuftshealthplan

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