

Dartmouth Health Medical Plan Fitness Benefit

Save money with your plan's Fitness Benefit

You're eligible if you:

- join a qualified health club;
- attend at least two sessions per week for 11 out of 13 consecutive weeks during the calendar year; and
- are a plan subscriber or dependent age 14 or older. *

Receive up to \$200
per calendar year toward
your club's membership fees!

**Please note:* Your Fitness Benefit does not cover any aerobic/fitness activity fees paid to a non-qualified health club.

Qualifying Health Clubs

Qualifying clubs include those with a variety of cardiovascular and strength-training exercise equipment, such as: traditional health clubs and YMCAs/YWCAs or Jewish Community Centers; aerobic or pool-only facilities; virtual wellness apps for exercising and improving physical fitness (e.g., Peloton®, Beachbody®, etc.); fitness training like spinning, kickboxing, yoga, Pilates, Zumba® and CrossFit®; activities such as indoor rock climbing, martial arts, gymnastics, tennis; and fees for certified personal trainers.

How do I receive my benefit?

Submit to HPI

1. Your completed Fitness Reimbursement Form (attached)
2. Copies of your health club agreement and/or contract that include the name and address of the facility and the membership dates
3. 8½" x 11" photocopies of your dated, paid receipts
Receipts should include the name of the member and the charges associated with membership. (Copies of bank or credit card statements are acceptable if your fees are automatically deducted from those accounts.)



Have questions?

Contact HPI Member Services at 866-471-5550
or visit [HealthPlansInc.com/D-H](https://www.healthplansinc.com/D-H)





Fitness Reimbursement Form

Did you know that you can submit your claims reimbursement request online? Just log in to My Plan at HealthPlansInc.com/D-H.

Employer Name: Dartmouth Health Group Number: 1DH

WHAT TYPES OF HEALTH CLUBS QUALIFY UNDER THIS BENEFIT?

- Full-service fitness facilities like health clubs, YMCAs/YWCAs or Jewish Community Centers, aerobic or pool-only facilities, virtual wellness apps for exercising and improving physical fitness (e.g., Peloton®, Beachbody®, etc.); fitness training like spinning, kickboxing, yoga, pilates, Zumba® and CrossFit®; activities such as indoor rock climbing, martial arts, gymnastics, tennis; and fees for certified personal trainers.
- Facilities/programs that DO NOT qualify for reimbursement include: health club initiation fees; costs for instructional dance studios; country clubs, social clubs (e.g., skiing, riding or hiking clubs); spas; road race fees; sport camps; and ski passes.

WHEN TO SUBMIT THIS FORM:

- The fitness benefit is available to plan members age 14 or older who belong to a health club, and attend at least twice per week for 11 out of 13 consecutive weeks in the calendar year. Membership fees must be paid in the current calendar year for membership in that year, and the paid date must be within the member's dates of enrollment in this plan.
- Please refer to your Plan Document or your Summary of Benefits and Coverage for specific details concerning this benefit, including limits and/or restrictions, under your plan.
- Once all sections have been completely filled out and signed by the employee, please mail the completed form with all necessary documentation (copies of receipts and your health club membership agreement form) to HPI.

Employee Information

Employee Last Name		First Name		MI	HPI Member ID#	
Mailing Address			City		ST	ZIP Code
Date of Birth	Email Address				Primary Phone	

Member/Dependent Information

Employee Spouse

Reimbursement is requested for the following participant (please check): Child/Other Dependent Ex-Spouse

If reimbursement is requested for a participant *other than the employee*, please provide the dependent information below:

Last Name	First Name	MI	Gender	Date of Birth	Relationship
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Health Club Information

Please provide the following information:

DATES ATTENDED: From: MM/DD/YYYY To: MM/DD/YYYY	FITNESS CLUB NAME	ADDRESS, CITY & STATE	PHONE NUMBER (incl. Area Code)	\$ AMOUNT CLAIMED
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I certify that the information on the form and all supporting documents are complete, accurate and unaltered.

Signature: _____
Signature of Employee Date Signed

Signature: _____
Signature of Health/Fitness Club Representative Date Signed

Submit this completed form and your supporting documentation to:
HPI — Corporate Headquarters • PO Box 5199 • Westborough, MA 01581 • 800-532-7575 • 508-792-1188 (fax)