

FITNESS AND WEIGHT LOSS BENEFITS

www.bluecrossma.org



Fitness Reimbursement

Up to \$150 per family per year

Membership or fitness class fees at:

- A full-service health club cardiovascular and strength-training equipment like treadmills, bikes, weight machines and free weights
- A fitness studio instructor-led group classes such as yoga, Pilates, Zumba, kickboxing, indoor cycling/spinning, and other exercise programs
- Virtual Offerings Online Fitness memberships, subscriptions, and classes that provide cardiovascular and strength-training
- Home Fitness Equipment stationary bikes (including Peloton), weights, kettle bells, bands, treadmills
- Bicycles purchased for recreational use and bicycle helmets
- Athletic shoes designed to be worn for sports, exercising or recreational activity
- Sports Activity Fees including (but not limited to): ski passes, fees for sports leagues (such as town sports, tennis, golf, or basketball), and race participation fees

Weight loss Reimbursement

Up to \$150 per family per year

Participation fees for:

- Non-Hospital Programs: (in-person) that combines healthy eating, exercise, & coaching sessions with certified health professionals such as nutritionists, registered dietitians, or exercise physiologists.
- Hospital based programs
- WW formerly known as Weight Watchers (in-person or online)

Get rewarded for good habits

Big congrats on your healthy habits!
To celebrate all you do, we've put
Together up to \$300 in fitness and
weight loss reimbursements. Yours for the
Taking, you go-getter!

Reimbursement is quick, easy and online!

Sign into My Blue at www.bluecrossma.org

