

# 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 — such as those for personal training, lessons, coaching, exercise equipment or clothing — 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.

### Non-Qualifying Health Clubs

- Martial arts centers
- Gymnastics facilities
- Country or social clubs
- Tennis, aerobic or pool-only facilities
- Sports teams or leagues

## 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?

- Qualified, full-service health and fitness facilities that provide cardiovascular and strength-training equipment and facilities for exercising and improving physical fitness qualify, such as health clubs and fitness centers, YMCAs and YWCAs, Jewish Community Centers and municipal fitness centers.
- Facilities/programs that DO NOT qualify for reimbursement include: Fees for group classes or personal training outside of a fitness facility/studio; health club initiation fees; costs for instructional dance studios; country clubs, social clubs (e.g., skiing, riding or hiking clubs); spas; gymnastics facilities; martial arts centers; tennis-only, aerobic-only, or pool-only facilities; road race fees; sport camps; ski passes; sports teams/leagues; and school sports athletic user fees.

### 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

### 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
-				
-				
-				
-				

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)