



MASSACHUSETTS

\$300 Fitness Plus Benefit Form

Submit once per calendar year.
Receipts dated during benefit year.

REQUIRED

First Name

Last Name

Employee ID

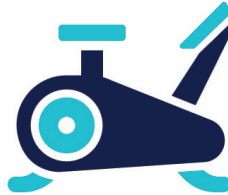
Health Club or Fitness Facility Membership

Provide a summary of fees paid during the benefit year on facility letterhead or provide copies of payment receipts to the facility.



Exercise Equipment Adjustable desk

Provide receipt of new equipment/desk purchased at retail store dated during benefit year. Cardiovascular or muscular total-body workout equipment only - refer to list on the back.



Fitness Class Reimbursement

Provide receipt of payment during benefit year for classes (including virtual), such as: ballet, Zumba, yoga, or spinning.



Health Club or Fitness Facility

Home Exercise Equipment

Fitness Class Reimbursement

Amount Submitted



Payments are made on a quarterly basis. You have until March 31 of the following year to submit for the current benefit year:

Submit By	Payment Processed
March 31, 2020	April 2020
June 30, 2020	July 2020
September 30, 2020	October 2020
December 31, 2020	January 2021
March 31, 2021	April 2021

Electronic submissions must in a portable document format (PDF).

**Return completed form to: IHW - BCBSMA Fitness Plus
520 N. Main Street STE C104, Heber City, UT 84032
Forms may also be emailed to: forms@fitnessplusmail.com
or uploaded at: www.fitnessplusmail.com**

I authorize the release of any information to Blue Cross Blue Shield of Massachusetts, Inc., about my health club membership. I certify that the information provided in support of this submission is complete and correct and that I have not previously submitted for these services. I also understand that the U.S. government requires BCBSMA to withhold taxes on Fitness Plus payments.

Signature: _____

Date: _____

Fitness Plus Instructions

Who is eligible?

You are eligible for Fitness Plus if you:

- Are a regular BCBSMA associate,
- Are regularly scheduled to work 15 or more hours per week,
- Have been employed for at least 90 days, and
- Are employed at the time of the scheduled payout.

You do not have to participate in a BCBSMA medical plan to be eligible for Fitness Plus. This benefit is provided in addition to the \$150 Fitness Benefit that BCBSMA offers to members enrolled in BCBSMA medical plans.

What is Fitness Plus?

Fitness Plus will provide you up to \$300 per calendar year toward the cost of a health club or fitness facility membership, home exercise equipment, and fitness class reimbursement.

How to apply:

Follow these steps to apply for Fitness Plus:

1. Complete this Fitness Plus Form.
2. Attach the following to this form:
 - A summary of fees paid during the benefit year on facility letterhead *or* provide copies of payment receipts made to facility.
 - Provide receipt of new equipment/desk purchased at a retail store dated during benefit year. Cardiovascular or muscular total-body workout equipment only.

Equipment is limited to:

- Treadmills
 - Stationary cycles
 - Bike stands (to convert road bikes to stationary cycles)
 - Stair climbing machines
 - Elliptical machines
 - Rowing machines
 - Cross-country ski machines
 - Total body weight resistance machines
 - Activity tracking devices like Fitbit and Garmin. Devices must be compatible with the Wellness Rewards Program.
 - Adjustable desks
 - Free Weights
- Provide receipt of payment for classes (in-person or virtual), such as: Ballet, Zumba, Yoga, or Spinning during the benefit year.
3. Keep copies of your form and the required documentation.
 4. Send your signed form and the required documentation via mail, email, or upload to:

IHW - BCBSMA Fitness Plus
520 N. Main Street STE C104
Heber City, UT 84032
forms@fitnessplusmail.com, www.fitnessplusmail.com

Payments are included in your paycheck as follows:

- Due March 31, 2020 - Payment processed April 2020
- Due June 30, 2020 - Payment processed July 2020
- Due September 30, 2020 - Payment processed October 2020
- Due December 31, 2020 - Payment processed January 2021
- Due March 31, 2021 - Payment processed April 2021

Important Tax Information: Fitness Plus payments are subject to state and federal taxes.

Questions? Received forms are processed weekly. If you have questions about your forms or the status of payment, please contact Fitness Plus via email at *forms@fitnessplusmail.com*.