

HEALTH TRADITION HEALTH PLAN'S FITNESS CENTER REIMBURSEMENT PROGRAM

OVERVIEW

Health Tradition Health Plan, recognizing the life-long benefits of exercise, is offering health plan subscribers a Fitness Center Reimbursement Program, which provides up to \$200 reimbursement for membership fees at approved fitness centers.

WHO IS ELIGIBLE

Only Health Tradition Health Plan subscribers (the health plan policyholders) are eligible for the fitness center reimbursement. Spouses and dependents are not eligible for this benefit at this time.

REIMBURSEMENT REQUIREMENTS

- You must be a Health Tradition Health Plan subscriber and a member of an eligible fitness center for the claim period you are requesting reimbursement.
- You are eligible for reimbursement after **exercising a minimum of 75 times in 6 months** (average 3 times per week), in a fitness center and tracking your physical activity on the Health Tradition workout log.

Note: All fitness center reimbursement workout logs are subject to audit.

We recommend that before you join a fitness center, you visit with your primary care physician to determine the appropriate fitness program for you.

ELIGIBLE FITNESS CENTERS

An “eligible fitness center” is one that has:

- cardiovascular equipment (i.e. treadmills, bikes, Elliptical machines)
- muscular conditioning equipment (i.e. weight machines or free weights), and/or
- aerobic and/or strength training programs (i.e. aerobics classes, Pilates classes, Yoga classes, spinning classes).

Examples of eligible fitness centers include the YMCA, Curves, La Crosse/Onalaska Fitness, Franciscan Skemp Health Club, Snap Fitness, and Fit 4 Life. Examples of centers and activities that are **not** eligible fitness centers are golf clubs, country clubs, spas, aquatic centers, dance studios, ski resorts, in-home personal trainers, and recreational sports (individual, team, or league).

BENEFITS

You are eligible to receive one reimbursement per six-month period as listed below (\$200 annual maximum per health plan subscriber).

Claim periods:

- 1) Claim period begins on or after January 1, 2010 - up to \$100
- 2) Claim period begins on or after July 1, 2010 - up to \$100

WORKOUT LOG

To be eligible for reimbursement you must complete the fitness center reimbursement workout log and record 75 fitness center workouts within six months (average 3 workouts per week). Record the number of minutes of physical activity for each workout date in the space provided on the six-month workout log. **You may record only one workout per day and each workout must last at least 30 minutes.**

If you become a Health Tradition Health Plan member mid-way through the reimbursement period, you are still eligible for reimbursement if you submit the required paperwork and can fit 75 workouts in the remaining months of the six-month claim period.

PHYSICAL ACTIVITY RECOMMENDATIONS

Mayo Clinic recommends following the Centers for Disease Control (CDC) recently released “Physical Activity Guidelines for Americans.” The guidelines recommend incorporating both physical activity and strength training. The guidelines are a result of the overwhelming evidence of the benefit of exercise in chronic disease prevention. The guidelines for adults who are generally fit and have no limiting health conditions are as follows:

- 150 minutes/week (i.e. 30 minutes a day, five days a week) moderate intensity aerobic activity such as walking, moderate cycling, dancing, and yard work
- Or 75 minutes/week vigorous aerobic activity such as fast paced walking, jogging, jumping jacks, and heavy or rapid shoveling
- Or a mix of moderate and vigorous activity
- 2 more days/week — muscle strengthening (push ups, resistance exercises, or yoga) of all major muscle groups

Note: It is recommended that you consult your doctor before starting any exercise program.

CLAIM PROCESS

- You must submit the following 3 items to receive your fitness center reimbursement:
 - 1) a completed Health Tradition Health Plan Reimbursement Form
 - 2) a completed Health Tradition Fitness Center Reimbursement Workout Log
 - 3) receipt of payment from the fitness center (dated, paid receipts or copies of bank/credit statements if paid by electronic funds transfer).

Note: The dates on the fitness center proof of payment must coincide with the dates of the reimbursement period.
- You are required to complete a new claim form, workout log and submit proof of payment for the second six-month period if you are requesting reimbursement for the period starting July 1st, 2010.
- All completed claim forms must be mailed to Health Tradition Health Plan, Attn: FCRP, 1808 E. Main Street, Onalaska, WI 54650.

CLAIM SUBMISSION

All claims must be submitted within 6 weeks of the claim period ending date.

- Claims for the period beginning January 1st and ending June 30th must be submitted by **August 15, 2010.**
- Claims for the period beginning July 1st and ending December 31st must be submitted by **February 15, 2011.**

Members should only submit for reimbursement once they have paid their health or fitness center fees. If fees are less than \$100 in the six-month claim period, members will be reimbursed only the amount of membership fees paid.

Please allow **6 - 8 weeks from August 15 or February 15** for processing fitness center reimbursements.

TAXABLE INCOME

Reimbursement for participation in the Fitness Center Reimbursement Program will be considered taxable income for the member in the calendar year in which it is paid.

LIMITATIONS AND EXCLUSIONS

1. Reimbursement for membership in a fitness center is limited to actual workout visits. The program does not reimburse you for expenses incurred for equipment, locker rentals, clothing, vitamins, or other services that might be offered by the facility for an additional fee.
2. Reimbursement does not include any fitness activity, including swimming lessons, tennis lessons, dance, and personal trainer programs if the activity takes place outside of a fitness center or is not included in the fitness center membership.
3. Rehabilitation programs in a hospital setting are not covered.

FOR MORE INFORMATION

Contact Health Tradition at (608) 781-9692 or go to www.healthtradition.com/members.