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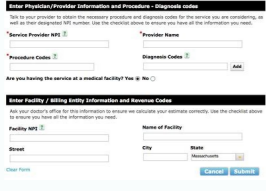
Four Plans to Choose From:

GYM PLANS:	BASE	CORE	POWER	ELITE
Per month rate:	\$19	\$29	\$39*	\$99
Unlimited Access to Base Gyms	✓	✓	✓	✓
Unlimited Access to Core & Base Gyms		✓	✓	✓
Unlimited Access to Power, Core & Base Gyms			✓	✓
Select Access to Elite Gyms and Unlimited Access to Power, Core & Base Gyms				✓

*If you were enrolled in the Fitness Program before July 13, 2020, you are enrolled in the Power package at \$25 per month. If you drop your membership and rejoin, you will be charged the current \$39 per month rate.



BlueCross
BlueShield



BMC HealthNet Plan Wants to Help You *Get Fit!*

BMC HealthNet Plan (Employer Choice/Consumer Wahl Choice enrollment) there's never been a better time to get fit. BMC HealthNet Plan's fitness benefit can save you up to **\$200 per calendar year** on qualified health club membership dues. You can claim your fitness benefit after you've belonged to your health club and been a BMC HealthNet Plan member for at least three months (in a calendar year).

What kinds of health clubs qualify for the fitness benefit?

When choosing a health club, you'll want to make sure that offers both cardiovascular and strength-training exercise equipment, such as:

- Traditional health and fitness clubs
- YMCA or YWCA's
- Jewish Community Centers

What kinds of clubs do not qualify?

Members are covered by BMC HealthNet Plan at the time you are submitting the membership form.

What do I need to do?

- Be sure to check with your doctor before starting any fitness or exercise program.
- Join a health or fitness club and start working out.
- To receive your benefit, you'll need to have been a member of your health club and BMC HealthNet Plan for at least three months (in a calendar year). Make sure to send us your reimbursement request no later than March 31 of the following year. You must be a member of BMC HealthNet Plan at the time you are submitting the reimbursement form.

Simply send these items to BMC HealthNet Plan:

- The attached fitness reimbursement form. Be sure to answer all questions (please note that the **\$200 is per family per calendar year**).
- A copy of your health club agreement or contract that includes the name and address of the health club and the membership or dues dates.
 - Proof of your health club payment. You can send photocopies of any of the following:
 - Direct paid receipts
 - Your bank or credit card statements
 - Paycheck stub if your club fees are automatically deductedNote: Receipts or statements should include your name and the individual charges for health club membership or dues fees.
- When mail the form and copies of your health club contract and paid receipts or statements to the address at the bottom of the attached claim form. If you have any questions, please call our Member Services Department at 1.877.492.6862.

Keep copies of all paperwork. BMC HealthNet Plan can not be responsible for lost, late or undelivered mail or for keeping documents on file. Please allow 6-8 weeks for processing.



Consumer



Does blue cross cover fitness. Does blue cross pay for gym memberships. Blue cross benefit plan. What are my blue cross benefits. How much does blue cross reimburse for fitness. Blue cross of ma fitness benefit form.

Listen to host Peter Panageas and guests Dr. Heidi J. Syropoulos, Jim Biggs, and Michael Burnham to discuss Alzheimer's from the perspective of personal experiences, clinical care, and facility management. Listen Find answers to all your questions with an Anthem representative in real time. Use our app, Sydney Health, to start a Live Chat. Have a question or comment about Blue365? The best way to reach us is by filling in the contact form below. Alternatively, you can call us at 1 (855) 511-BLUE (2583). Tell us how we can help, and our Customer Service team will be in touch soon. Posted: (6 days ago) Get the most from your benefit. Check your balance, shop online, find stores near you, and find out what you can buy. To use this app, your health plan must include a FirstLine Benefits program: FirstLine Essentials, Essentials+, Select, or Select+. Login Support View Details Firstlinebenefits.com Plan View More Enter your ZIP Code to see what Blue KC Medicare plans are available in your county. Medicare Advantage Medicare Supplement Prescription Drug Showing plans for Jackson County, 64108 Enter your ZIP Code to see what Blue KC Medicare plans are available in your county. Blue Medicare Advantage Essential Our most popular plan with full coverage and flexibility. It starts with a low out-of-pocket maximum for in-network and out-of-network costs plus a \$0 medical and prescription deductible, \$0 medical and prescription drug deductibles \$0* PCP visit \$25* specialist visit \$0 Tier 1 and Tier 2 prescription drugs, up to 100-day supply \$3,425 out-of-pocket maximum This flexible PPO plan gives you access to Medicare providers that are in-network and out-of-network as well as Blue Benefit Bucks for use on health-related services. \$0 medical and prescription drug deductibles \$0 PCP visit \$35 specialist visit \$0 Tier 1 and Tier 2 prescription drugs, up to 100-day supply \$4,800 out-of-pocket maximum This PPO plan has a \$0 monthly premium, \$0 medical and prescription drug deductibles, and a \$75 per month Part B giveback that reduces your monthly Part B premium. \$0 medical and prescription drug deductibles \$0 PCP visit \$30 specialist visit \$0 Tier 1 and Tier 2 prescription drugs, up to 100-day supply \$7,250 out-of-pocket maximum Blue Medicare Advantage Flex Take advantage of all the benefits of a Blue Medicare Advantage plan even if you don't need Part D Prescription Drug coverage at a \$0 monthly premium. With this HMO plan, you get freedom of choice (no referrals) and a focus on helping you navigate your health care choices so that you get the right care, at the right time. \$0 medical and prescription drug deductibles \$0* PCP visit \$40* specialist visit \$0 Tier 1 and Tier 2 prescription drugs, up to 100-day supply \$3,650 out-of-pocket maximum Blue Medicare Advantage Spira Care \$0 medical and prescription drug deductibles \$0* PCP visits \$30* specialist visits \$0 Tier 1 and Tier 2 prescription drugs, up to 100-day supply \$3,000 out-of-pocket maximum Want to compare these benefits to other Blue KC Medicare plans? See more options. Shop all plans BENEFITS PLAN G PLAN N Coinsurance and Hospital Cost and up to an additional 365 days after Medicare benefits are used Skilled Nursing Facility Care 80% 80% *Plan N has an office visit copayment between \$0 and \$20 and a \$50 copay at the ER, unless admitted to the hospital. Blue Cross and Blue Shield of Kansas City also offers Plan A and Plan F (Medicare first eligible before January 1, 2020, only). Medicare Supplement plans are offered and underwritten by Missouri Valley Life and Health Insurance Company (MVLH) and are administered by Blue Cross and Blue Shield of Kansas City. MVLH is a wholly-owned subsidiary of Blue KC. Missouri Valley Life and Health and Blue Cross and Blue Shield of Kansas City are not connected with or endorsed by the U.S. government or the federal Medicare program. The requested URL was rejected. Please consult with your administrator. Your support ID is: 10897767313545943721[Go Back] The requested URL was rejected. Please consult with your administrator. Your support ID is: 5790621658922749740[Go Back]

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