



Blue Cross and Blue Shield of Minnesota


Fitness discounts

Get fit. Get rewarded.


How to earn up to \$20

Exercise the required number of times per month to receive up to \$20 per month credit towards your fitness club membership dues. The amount of the credit cannot exceed the total monthly membership dues.

Who's eligible?

- Active members (at least 18 years old) of fully insured group plans and most individual purchasers of Blue Cross plans like Aware CareSM and Medicare supplement plans are eligible.* If you're eligible, your Blue Cross member ID card will show this icon .
- A maximum of two qualifying adult Blue Cross members in your household can participate in the program and each can receive up to \$20 credit.

Get started

- Find a participating fitness center with the health club locator at myBlueCross, the online member center at bluecrossmn.com.
- Present your Blue Cross member ID card with the fitness icon  to a participating fitness center.
- Complete an enrollment form at the fitness center. Be sure that all member ID card information is current.

How you'll get credit

The fitness club tracks your participation and, after verifying your eligibility with Blue Cross, credits your fitness club membership account. There will be a period of time between the month that you've completed your workout requirement and the time you get the credit.

See the schedule on the reverse side of this sheet. If you cancel your fitness center membership, the fitness center discontinues participation in the program or you cancel Blue Cross medical coverage, you will forfeit any unapplied credit.

*Members of public programs plans are not eligible.

Exercise and reimbursement schedule

Qualifying Blue Cross members can sign up for fitness discounts at any time. Reimbursement will follow the following schedule:

Monthly requirement met	January	February	March	April	May	June	July	August	September	October	November	December
Eligibility verified and submitted	February	March	April	May	June	July	August	September	October	November	December	January
Reimbursement posted to member's account	March	April	May	June	July	August	September	October	November	December	January	February

Please note: If anything on your Blue Cross member ID card changes, please let your fitness center staff know so you can continue to get credit.