

INSURANCE REIMBURSEMENT PROGRAMS AT HZF!

At HZF we are proud to be a recognized fitness facility for our area's major health insurance reimbursement programs. Here's a quick update on how each program works and how we help you get your reward!!

Dean Health Plan - Dean Health Plan's Wellness Incentives Now (WIN) program offers cash back for fitness & health related expenses.

Individuals - get up to \$100 back! Dean will reimburse individual members for eligible services received, up to \$100 back each contract year. **Families** - In addition to the individual maximum, there is also a maximum reimbursement limit of \$200 per family, per contract year.

All clients of HZF receive their reimbursement by stopping at the HZF front desk to request a receipt for 2010 services. Receipt must be submitted along with a WIN REIMBURSEMENT FORM that you can find at www.deancare.com or we would be happy to provide you with one when you request your receipt.

Unity Health Insurance - Unity's FITNESS FIRST program is an exercise reward program for subscribers and their spouses, if also Unity members, who are at least 18 years of age. Subscribers and their spouses can earn a **combined total of \$200 each calendar year!**

To earn your reward, you must workout a total of 60 times in a six month period at a participating health club, check in each time you visit, and workout at least 30 minutes each time. Only one workout allowed per day.

At HZF we do the paperwork for you. All you need to do is contact Unity Customer Service at 800-362-3310 and let them know you are a member of Harmony Zone Fitness. They will send the tracking paperwork to us & we will submit your workouts each month. Once you accumulate 60 workouts in 6 months Unity will send you your reward!! Remember, it is up to you to check in each time you visit HZF by pulling your card to make sure your workout is counted.

Group Health - GHC's Exercise for Excellence program requires 120 or more workouts in a 1 year period, Jan 1 through Dec 31st each year. Workouts must be performed at an affiliated fitness center or health club...like HZF. At HZF we can even do the tracking for you. Please provide us with a Exercise for Excellence Tracking Form with your information filled in...we will track your workouts all year long and send it in after Dec 31, 2010. Remember, it is up to you to check in each time you visit HZF by pulling your card to make sure your workout is counted.

Physician's Plus Good Health Bonus - Members with single contracts can receive up to \$100 per year. Members with family contracts can receive up to \$200 per year per family. *You must be at least 18 years old (except for babysitting classes) to be eligible for reimbursement.* To receive reimbursement for your Health and Fitness Facility membership, simply collect receipts for enrollment or monthly payments until they total at least your maximum allowance.

HZF can supply you with the needed receipt to attach to your completed **Reimbursement Form** available online at and mail it to the address listed on the form for reimbursement.

If you have questions on any of the above programs please stop at the front desk and ask. We would be happy to provide you with reimbursement forms and help you get your earned rewards!!