

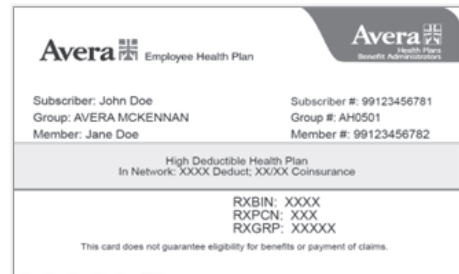
Fitness Incentive Program Details

Avera Health

(Available Nationwide)

Program Requirements:

- Eligible adult must be enrolled on the Avera Health Employee Health Plan
- Must be an Avera employee and/or spouse only
- 8 visits = up to \$20 reimbursement
- One (1) card per member

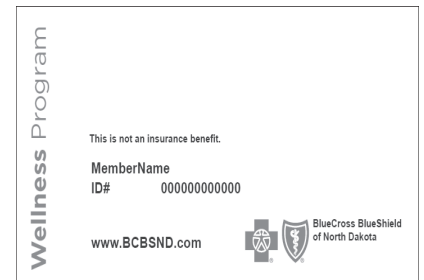
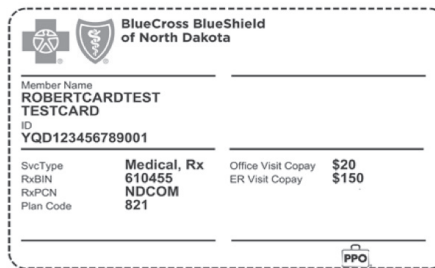


Blue Cross Blue Shield of North Dakota

(Available Nationwide)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber’s spouse
- 12 visits = redeemable for points
- 9-Month program only ~ Jan-Sept
- One (1) card per household



Fargo Public Schools

(Available in greater MN and the ND area)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber’s spouse; both must be covered under the District’s health insurance program
- 12 visits = up to \$20 reimbursement
- Employee’s spouse adds an “S” at the end of the badge #



Fleet Farm

(Available in select cities Nationwide)

Program Requirements:

- Team Member and Spouse are eligible
- 12 visits = up to \$20 reimbursement
- Eligible members will use their BCBSMN ID #; Dep ID # will be “T” for team member and “S” for spouse
- One (1) card per member

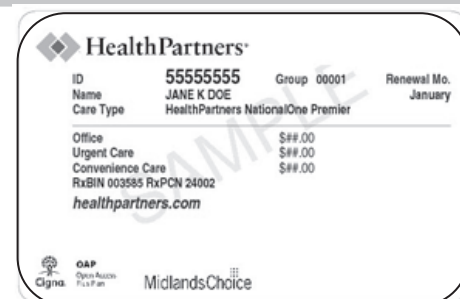


HealthPartners

(Available Nationwide per sponsor)

Program Requirements:

- Up to 2 people per household; Must be 18 years or older
- 12 visits = up to \$20 reimbursement
- One (1) card per member



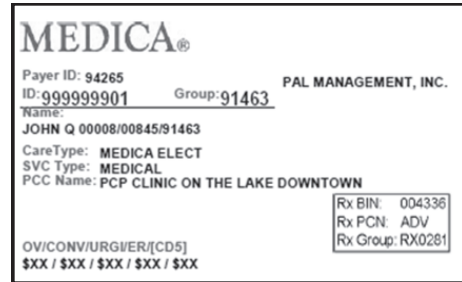
Fitness Incentive Program Details

Medica ~ requires approval

(Available Nationwide per sponsor)

Program Requirements:

- Each member must work out **8 or 12** visits/month, depending on their insurance policy; Members must be 18 years or older.
- Medica provides up to a \$20 credit with a maximum of 2 credits per month per family towards health club membership monthly dues.
- One (1) card per member

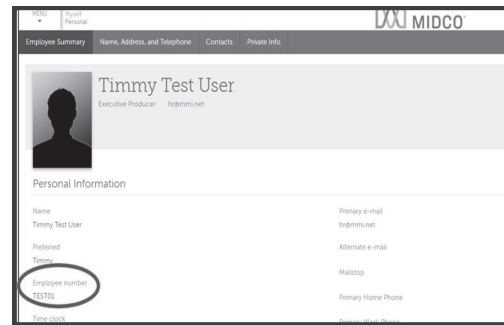


Midco

(Cable/TV Company in select cities Nationwide)

Program Requirements:

- Employee + spouse; Spouse adds an “S” at the end of the Employee Id #
- **8** visits = up to \$20 reimbursement
- Employee ID is located on internal system; no physical card



MTS

(Engineering company in select cities Nationwide)

Program Requirements:

- Employee + 2nd participating adult
- **12** visits = up to \$20 reimbursement
- Dep ID # will be “E” for Employee, “C” for adult child and “S” for spouse
- Employee ID is located on internal system; no physical card

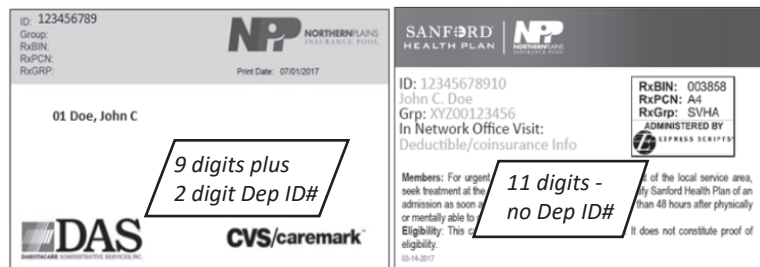


Northern Plains Insurance Pool

(38 School Districts in South Dakota)

Program Requirements:

- Employee Only
- **8** visits = up to \$20 reimbursement
- One (1) card per employee



Fitness Incentive Program Details

Portico

(ELCA's in select cities Nationwide)

Program Requirements:

- 2 people per household; 18 years of age or older
- Employee + 2nd participating adult
- 8 visits = up to \$20 reimbursement
- One (1) card per member

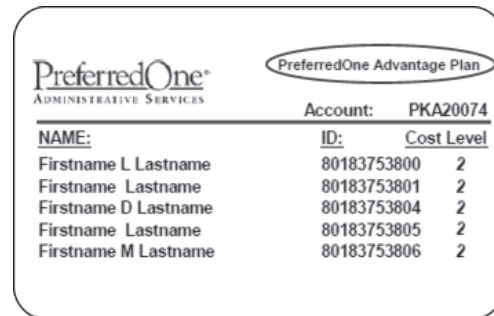


PreferredOne

(Available Nationwide per sponsor)

Program Requirements:

- Up to 2 people per household; Must be 18 years or older
- 12 visits = up to \$20 reimbursement
- Some programs may vary, ask your employer for details
- One (1) card per member



PrimeWest

(Medicaid available in Minnesota)

Program Requirements:

- Senior Subscriber, 65 and older, is eligible
- 12 visits = up to \$20 reimbursement
- One (1) card per member

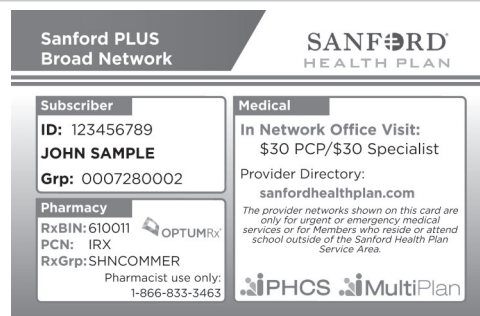


Sanford Health Plan

(Available Nationwide)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber's spouse; enter an "E" for Subscriber and "S" for Spouse in the Dep ID # field
- 12 visits = up to \$20 reimbursement
- One (1) card per member



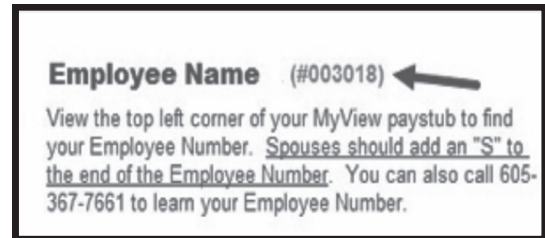
Fitness Incentive Program Details

Sioux Falls School District (SFSFSD)

(Available in the Greater Sioux Falls Area)

Program Requirements:

- Up to 2 people per household; Subscriber and subscriber's spouse
- Both the subscriber and spouse must be covered under the District's health insurance program
- 8 visits = up to \$20 reimbursement
- Employee ID is in SFSFSD Payroll system; no physical card



South Country Health Alliance

(Available in Minnesota)

Program Requirements:

- Must be Sr. Care Complete OR AbilityCare
- **Be Active:** No minimum (0) visit required to receive an up to \$20 reimbursement per mo.
- No limit of participants per household*



*There is no limit per household, as long as each participant is enrolled during the respective month and is eligible to receive the discount.

UCare

(Available in Minnesota and surrounding area)

Program Requirements:

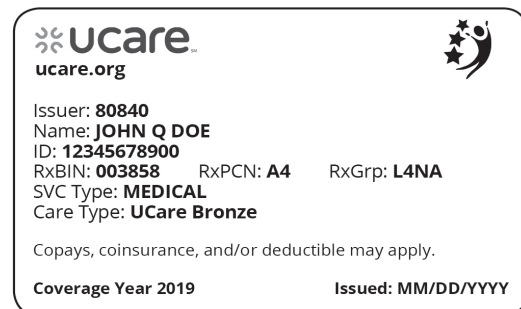
- One (1) card per member

Medicare Members:

- No Minimum visits = up to \$20 reimbursement
- Must have a paid membership

Individual Family Plan (IFP):

- 12 visits = up to \$20 reimbursement



National Independent Health Club Association

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