

Fitness Incentive Program Details

Updated 6/10/2024

Aerostar

(Available Nationwide)

Program Requirements:

- Must be an Aerostar employee only
- 8 visits = up to \$30 reimbursement

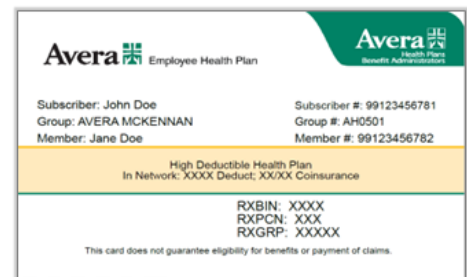


Avera Health

(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

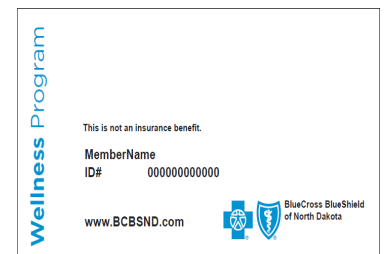
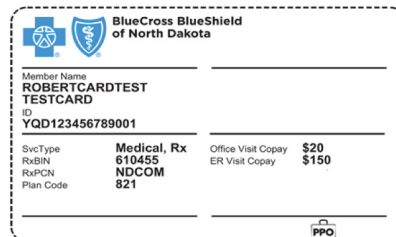


Blue Cross Blue Shield of North Dakota

(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 #



Fitness Incentive Program Details

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

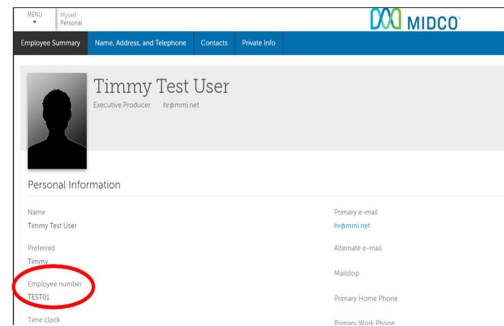


Midco

(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

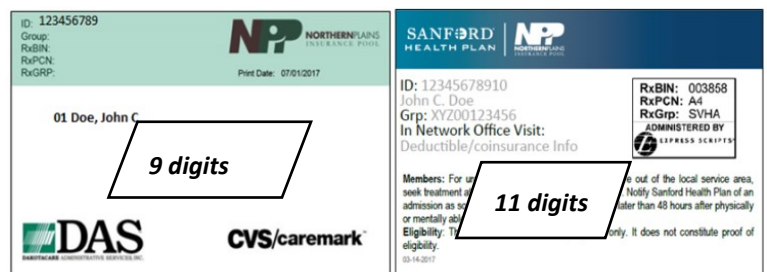


Northern Plains Insurance Pool

(52 School Districts in South Dakota)

Program Requirements:

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



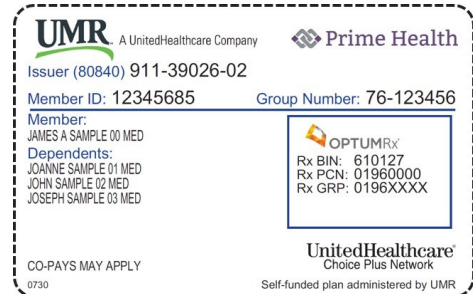
Fitness Incentive Program Details

Prime Health

(Available in Minnesota)

Program Requirements:

- 2 Eligible people per household
- Member and/or 2nd dependent adult (18 years of age or older)
- **12** visits = up to \$20 reimbursement
- One (1) card per household



PrimeWest

(Available in Minnesota)

Program Requirements:

- Eligible programs: Senior Health Complete (MSHO), Prime Health Complete, Minnesota Senior Care Plus (MSC+), and Special Needs BasicCare (SNBC)
- **0** visits = up to \$30 reimbursement
- One (1) card per member

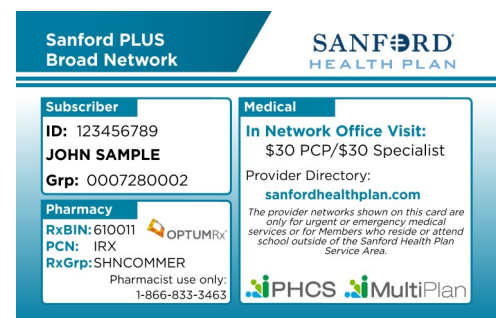


Sanford Health Plan

(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



NIHCA

National Independent Health Club Association

Fitness Incentive Program Details

South Country Health Alliance

(Available in Minnesota)

Program Requirements:

No limit of participants per household*

SeniorCare Complete:

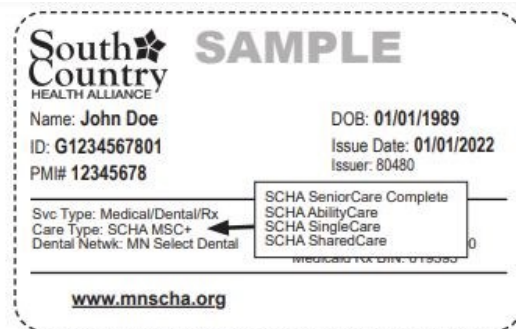
- No minimum visits = up to \$40 reimbursement
- Must have a paid membership

AbilityCare:

- No minimum visits = up to \$65 reimbursement
- Must have a paid membership

MSC+, SharedCare & SingleCare:

- 4 visits = up to \$20 reimbursement
- One (1) card per



*There is no limit per household, as long as each participant is eligible and enrolled during the respective month and has a paid gym membership.

UCare

(Available Nationwide)

Program Requirements:

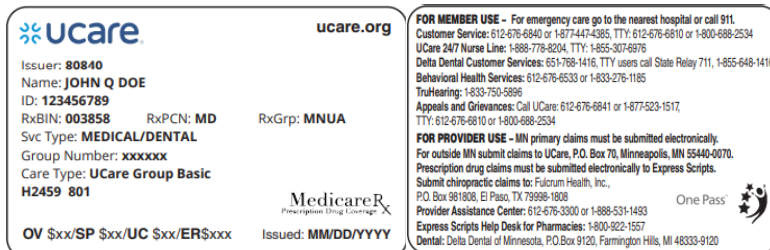
- One (1) card per member

Medicare Members:

- No Minimum visits = up to \$30 reimbursement
- Must have a paid membership

Individual Family Plan (IFP), UCare MinnesotaCare, and UCare MA:

- 12 visits = up to \$20 reimbursement



National Independent Health Club Association

Info@nihca.org ~ www.nihca.org

320.722.0084 (Phone) ~ 320.722.0095 (fax)