

Fitness Program

Get up to \$150 back when you complete 120 workouts within a 365-day period.

Independence Blue Cross members can receive up to a \$150 reimbursement of fitness center fees upon completion of 120 workouts during a 365-day program enrollment period. That means getting paid to work out an average of 2 to 3 times a week!

Start by choosing a fitness center

Choose a full-service fitness center that includes cardiovascular, flexibility, and resistance training. If you select a participating Independence Blue Cross fitness center, you may also be eligible for a membership discount. Eligible fitness centers include those whose primary business is being a full-service fitness facility.

Enroll in our Fitness Program

Enrolling is easy. Go to www.ibxpress.com or call our Health Resource Center at 1-800-ASK-BLUE or 1-215-241-3367, Monday through Friday, 8:00 a.m. to 6:00 p.m. You'll be asked to identify your primary fitness facility and choose a primary method of recording your workouts, such as computer printout, handbook, or automated call-in (subject to availability).

Record your workouts

Log your workout each visit using the primary method you select. If you choose to go to a different fitness facility, you may choose to record your workout utilizing a computer printout or the logbook enclosed in the Healthy LifestylesSM Fitness Handbook, which you'll receive upon enrollment.

Reimbursement requirements

Member must be at least 18 years of age to be eligible for this reimbursement program. You must be a member of an Independence Blue Cross managed care health plan, including: PPO, Keystone Health Plan East or Keystone Point-of-Service, **for your entire 365-day Fitness Program enrollment period**. Only one workout may be recorded per day with an eight hour interval between logged workouts. There are no partial reimbursements.

Request your reimbursement

Submit your reimbursement form along with proof of payment (i.e. fitness facility receipt, membership contract, etc.). Also include all your documented workouts, the handbook (sent to you when you enroll), or computer printout no longer than 90 days after your 365-day Fitness Program anniversary. If you meet all of our Fitness Program requirements, your reimbursement will be processed. Mail to:

Independence Blue Cross
Attention: Healthy Lifestyles Fitness Program
1901 Market Street, P.O. Box 41880
Philadelphia, PA 19101-9131

Simply log on today at www.ibx.com or www.ibxpress.com to learn more about the Fitness Program and other Healthy LifestylesSM programs offered by Independence Blue Cross.

