

Geisinger Gold

2019 Fitness Benefit

Geisinger Gold Secure Rx (HMO SNP) Plan

Staying active and fit is important to your health and wellbeing. The Geisinger Gold Plans listed above offer a reimbursement fitness benefit to encourage a healthy and active lifestyle. Regular exercise can help boost energy and stamina, maintain your independence, and lowers your risk for a variety of conditions like Alzheimer's, heart disease, diabetes, some types of cancer, high blood pressure, and obesity. Building strength and flexibility can also help prevent bone loss, improve balance, and reduce the risk of falling.

How it works: We'll reimburse you, up to a combined benefit limit of \$120 per calendar quarter towards the purchase of a membership in a qualified health club, fitness center, gym, YMCA, or fitness studio that maintains cardiovascular and strength training equipment and facilities for exercising and improving physical fitness. Qualification as a covered fitness facility or fitness studio is subject to approval by Geisinger Gold.

New for 2019! Class fees for instructor-led exercise classes and fitness programs for Yoga, Pilates, Zumba, aerobics, spinning, dancercise, aquacize, strength training, CrossFit, kickboxing, etc., furnished at qualified fitness studios, yoga studios, gyms, and fitness centers will also be eligible for reimbursement as part of your combined \$120 per quarter fitness benefit limit.

Exercise and fitness programs sponsored by or associated with hospitals, senior centers, county extension service, or community centers may also qualify for reimbursement, but are subject to prior validation by Geisinger Gold before you begin the program.

Exclusions not eligible for Reimbursement include: Personal Trainers, In-home exercise coaches/instruction, instructional dance classes, country clubs, social clubs, spa services, gymnastics, martial arts, sports camps, team or league sports, golf, tennis clubs, nature walks, exercise apparel and equipment, food and drink, diet programs, and physical therapy. Other Exclusions may apply, please contact Customer service at the phone number on your Plan ID card for more information.

Gyms, Fitness Facilities, and Fitness Studios that Qualify:

The gym/fitness facility or studio must exist primarily to provide facilities, equipment, and resources to the public for the purpose of maintaining or improving physical activity and fitness. This includes:

- Full-service Fitness Centers, Gyms and Health Clubs that offer cardiovascular and strength training equipment, workout areas and exercise classes;
- Exercise Studios (e.g. Curves®);
- Yoga Studios;
- Swimming pools so long as they exist primarily for fitness and or aqua exercise and not mainly for social or recreational purposes.
- The facility must be open to the public, non-discriminatory, and provide for the general safety of members.

Always consult your doctor before beginning any new exercise program.

