Healthy Lifestyles

Get $150 back!

Complete 120 workouts at an approved fitness center or with a virtual fitness subscription

Looking for motivation to exercise?

The Healthy Lifestyles℠ Fitness Program will reimburse you $150 for working out regularly.

Four easy steps

1. Join an approved fitness activity. Choose a full-service fitness center that includes amenities for continuous cardiovascular, flexibility, and resistance training or participate in one of the eligible activities listed below. You may also submit a reimbursement request for virtual fitness subscriptions or apps and membership costs for workouts.
2. Exercise regularly. Complete 120 workouts across any eligible activity within a 12 month period, either at a fitness center or through a virtual fitness program. You may combine in person workouts with virtual programs to meet the 120 workout requirement.
3. Record your workouts. After you complete 120 workouts, you can request reimbursement. Your logged workouts must be at least eight hours apart.

Start your well-being journey today!

Visit **ibx.com** or download the IBX mobile app.

4. Submit your documentation and request reimbursement. Log in to reimbursements.ibx.com/ibc and upload copies of the following documentation:
   - Proof of payment
   - Record of your workouts

Once all your documentation is submitted, you can request your reimbursement to be paid by direct deposit or a Visa rewards card.*

*Please note that Visa charges a fee of $4.00 plus three percent of reimbursement amount.

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Fitness Program guidelines

Eligible members

Participants must be 18 years of age or older.

Selecting an approved fitness center

To be eligible for the fitness center reimbursement, you must choose a full-service fitness center that offers a variety of cardiovascular, flexibility, and resistance training in a supervised setting.

Eligible fitness activites:

Eligible fitness centers generally feature some of the following amenities:

- Barre
- Boxing
- Cardiovascular training equipment (e.g., treadmills, stationary bicycles, elliptical trainers)
- Cross training
- Dance classes and lessons
- Facilities with a basketball court
- Facilities with tennis/ squash/racquetball courts
- Free weights
- Group exercise classes (e.g., aerobics, spinning, body sculpting, kickboxing)
- Gymnastics
- High intensity interval training
- Individual sport lessons e.g. (tennis, skiing, swimming)
- Martial arts classes
- Pilates
- Pool for swimming laps
- Races (e.g., 5K, marathons, triathlons)
- Recreational swim clubs
- Resistance training
- Rock climbing
- Sports leagues
- Track for running/walking
- Yoga

Ineligible fitness centers

Membership at athletic clubs that feature a single competitive or recreational sports activity are not eligible for reimbursement, including programs and facilities focused on:

- Basketball
- Chiropracticservices
- Golf
- Outdoor“bootcamp”style program
- Sculling/styleprogram rowing
- Tennis/squash/racquetball

Family fitness center memberships

Family memberships are subject to the following conditions:

- Each family member who requests a reimbursement must be listed on the membership contract.
- Each family member who requests a reimbursement must individually participate in the Fitness Program and fulfill all Fitness Program reimbursement requirements. Each eligible family member may receive reimbursement of up to $150 of his or her portion of the total annual membership fees once per calendar year.

Workouts outside of a fitness facility

Activity and membership costs for virtual fitness programs through digital subscriptions or apps may be submitted in addition to or in place of workouts within a fitness center.

Please note that the 120 workout requirement applies to activity taking place outside of a fitness facility, and 120 workouts must be completed in order to earn a reimbursement. Virtual fitness programs must have a membership fee associated with the program and must allow you to record your completed workouts in order to be eligible for reimbursement. Examples include but are not limited to: Peloton, Nordictrack, Tonal, Mirror, iFit, BeachBody On Demand, Supernatural etc.

To provide proof of workouts, submit screenshots from the virtual program showing a log or calendar view indicating that you have completed 120 workouts.

Reimbursement rules and requirements

- You must complete 120 workouts during a 365-day Fitness Program period. However, the 365-day time period does not need to be within the same calendar year as the reimbursement. For example, you could get a reimbursement paid out in January 2019 for 120 workouts documented in 2018.
- You must have coverage with Independence at the time of your request for reimbursement.
- You are only eligible for one reimbursement per program, per calendar year.
- Dependents must be at least 18 years old to be eligible for reimbursement.
- Logging in for another member at a fitness center is prohibited.
- Falsification of information in order to receive your reimbursement is strictly prohibited.

How to record your workouts

- Record workouts using the logbook: To record workouts using the logbook on page 4, ask a fitness center representative to sign and date the logbook each time you work out. You may also use the logbook to record your workouts when you visit a fitness center other than your primary fitness center (e.g., when you work out while traveling or vacationing out of town).
- Record workouts using a fitness center's computer printouts: You may choose to use your fitness center's computer printout as your primary method of logging workouts. However, keep in mind that Independence cannot assume any responsibility for the reliability of fitness center computer systems. For this reason, if you select a fitness center computer printout as your primary method of logging workouts, you also accept the risk that all your workouts may not be credited.
- To submit proof of your 120 workouts tracked through a virtual fitness subscription or app, submit screenshots from the virtual program showing a log or calendar view.

Other important information

- Independence does not guarantee the solvency of any fitness center and, therefore, has no liability should a fitness center close.
- For members other than those enrolled in a Medicare Advantage plan, Healthy Lifestyles programs are value-added. They are not part of the health care benefits you have purchased and, therefore, are subject to change without notice.
- At Independence, we encourage all of our members to adopt and maintain a regular fitness program. However, if you are 40 or older, overweight, have a history of high blood pressure or heart disease, or have any other health concerns related to exercise, you are encouraged to consult your doctor before beginning any exercise program.
- If you are unable to complete workouts due to a medical procedure, please call 1-800-590-8880.

Questions?

Call Healthy Lifestyles at 1-800-590-8880

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Healthy Lifestyles℠ Fitness Program Logbook

Member name _____

ID # _____

Instructor/fitness facility representative must acknowledge each workout with date and signature. Credit will only be issued for workouts completed during supervised hours.

	Date	Fitness facility representative signature	Workout time			Date	Fitness facility representative signature	Workout time	
1.				❑ am ❑ pm	31.				❑ am ❑ pm
2.				❑ am ❑ pm	32.				❑ am ❑ pm
3.				❑ am ❑ pm	33.				❑ am ❑ pm
4.				❑ am ❑ pm	34.				❑ am ❑ pm
5.				❑ am ❑ pm	35.				❑ am ❑ pm
6.				❑ am ❑ pm	36.				❑ am ❑ pm
7.				❑ am ❑ pm	37.				❑ am ❑ pm
8.				❑ am ❑ pm	38.				❑ am ❑ pm
9.				❑ am ❑ pm	39.				❑ am ❑ pm
10.				❑ am ❑ pm	40.				❑ am ❑ pm
11.				❑ am ❑ pm	41.				❑ am ❑ pm
12.				❑ am ❑ pm	42.				❑ am ❑ pm
13.				❑ am ❑ pm	43.				❑ am ❑ pm
14.				❑ am ❑ pm	44.				❑ am ❑ pm
15.				❑ am ❑ pm	45.				❑ am ❑ pm
16.				❑ am ❑ pm	46.				❑ am ❑ pm
17.				❑ am ❑ pm	47.				❑ am ❑ pm
18.				❑ am ❑ pm	48.				❑ am ❑ pm
19.				❑ am ❑ pm	49.				❑ am ❑ pm
20.				❑ am ❑ pm	50.				❑ am ❑ pm
21.				❑ am ❑ pm	51.				❑ am ❑ pm
22.				❑ am ❑ pm	52.				❑ am ❑ pm
23.				❑ am ❑ pm	53.				❑ am ❑ pm
24.				❑ am ❑ pm	54.				❑ am ❑ pm
25.				❑ am ❑ pm	55.				❑ am ❑ pm
26.				❑ am ❑ pm	56.				❑ am ❑ pm
27.				❑ am ❑ pm	57.				❑ am ❑ pm
28.				❑ am ❑ pm	58.				❑ am ❑ pm
29.				❑ am ❑ pm	59.				❑ am ❑ pm
30.				❑ am ❑ pm	60.				❑ am ❑ pm

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	Date	Fitness facility representative signature	Workout time			Date	Fitness facility representative signature	Workout time	
61.				❑ am ❑ pm	91.				❑ am ❑ pm
62.				❑ am ❑ pm	92.				❑ am ❑ pm
63.				❑ am ❑ pm	93.				❑ am ❑ pm
64.				❑ am ❑ pm	94.				❑ am ❑ pm
65.				❑ am ❑ pm	95.				❑ am ❑ pm
66.				❑ am ❑ pm	96.				❑ am ❑ pm
67.				❑ am ❑ pm	97.				❑ am ❑ pm
68.				❑ am ❑ pm	98.				❑ am ❑ pm
69.				❑ am ❑ pm	99.				❑ am ❑ pm
70.				❑ am ❑ pm	100.				❑ am ❑ pm
71.				❑ am ❑ pm	101.				❑ am ❑ pm
72.				❑ am ❑ pm	102.				❑ am ❑ pm
73.				❑ am ❑ pm	103.				❑ am ❑ pm
74.				❑ am ❑ pm	104.				❑ am ❑ pm
75.				❑ am ❑ pm	105.				❑ am ❑ pm
76.				❑ am ❑ pm	106.				❑ am ❑ pm
77.				❑ am ❑ pm	107.				❑ am ❑ pm
78.				❑ am ❑ pm	108.				❑ am ❑ pm
79.				❑ am ❑ pm	109.				❑ am ❑ pm
80.				❑ am ❑ pm	110.				❑ am ❑ pm
81.				❑ am ❑ pm	111.				❑ am ❑ pm
82.				❑ am ❑ pm	112.				❑ am ❑ pm
83.				❑ am ❑ pm	113.				❑ am ❑ pm
84.				❑ am ❑ pm	114.				❑ am ❑ pm
85.				❑ am ❑ pm	115.				❑ am ❑ pm
86.				❑ am ❑ pm	116.				❑ am ❑ pm
87.				❑ am ❑ pm	117.				❑ am ❑ pm
88.				❑ am ❑ pm	118.				❑ am ❑ pm
89.				❑ am ❑ pm	119.				❑ am ❑ pm
90.				❑ am ❑ pm	120.				❑ am ❑ pm

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

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