

Quality health plans & benefits  
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## Reach for your fitness goals and get some cash back **New York Fitness Reimbursement Program**

### **Exercise is for EVERYONE.**

It helps you gain more energy, focus, confidence...even avoid stress and disease. Now you can find healthy ways to get there.

### **Your healthy choices are now more affordable**

With the New York Fitness Reimbursement Program, you get cash back for certain exercise facility or membership fees. It's like getting a reward just for taking care of you.

The program is yours at no extra cost. To get cash back, all you have to do is sign up. Read on to learn how.

## Start here—your member website

Just log in at [www.aetna.com](http://www.aetna.com). Choose the **Stay Healthy** tab. Click the **Fitness Reimbursement Program** link.

### Now getting cash back is easy:

1. Visit an approved exercise facility.
2. Complete 50 visits in a six-month period.
3. Have a facility representative provide a log of your visits or utilize the mobile check-in feature to provide proof of your 50 workouts.
4. Submit your receipts and proof of participation.

You may be able to save on the membership fees from the gym you're already using.

## This program gives you more

It's powered by GlobalFit®. They're the nation's most comprehensive provider of gyms and programs to support healthy lifestyles.

### Important program details

- You can turn in your receipts anytime during the plan year. You get reimbursed quarterly.
- You can get reimbursed up to \$200 and your eligible spouse/domestic partner can get reimbursed up to \$100 per six-month period for eligible expenses.
- You must submit a fitness reimbursement request within 90 days of the end of your plan term. You can't roll over any unused cash to the next year.

## To sign up:

- Log into your member account at [www.aetna.com](http://www.aetna.com)
- Choose the **Stay Healthy** tab
- Click the **Fitness Reimbursement Program** link

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