

# FITNESS INCENTIVE PROGRAM DETAILS

## Blue Cross Blue Shield of Minnesota

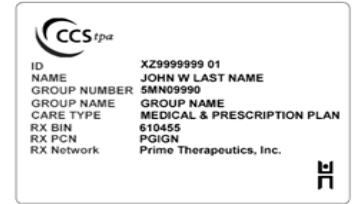
**Program Requirements:**

- Up to 2 people per household
- 18 years of age or older
- 12\* visits = up to \$20 reimbursement

*\*Some self-funded groups only need to workout (8) days per month.*

(Available Nationwide)

**One (1) card per Member**



## Blue Cross Blue Shield of North Dakota

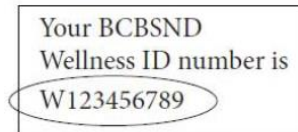
**Program Requirements:**

- Up to 2 people per household
- Subscriber and subscriber's spouse
- 12 visits = up to \$20 reimbursement

**Metallic Plan** ~ 12 visits = up to \$10 reimbursement

(Available Nationwide)

**One (1) card per Household**



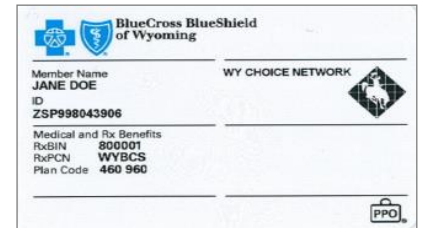
## Blue Cross Blue Shield of Wyoming

**Program Requirements:**

- Up to 2 people per household
- Subscriber and subscriber's spouse
- 12 visits = up to \$20 reimbursement

(Available in Wyoming)

**One (1) card per Household**



## Fargo Public Schools

**Program Requirements:**

- Up to 2 people per household
- Subscriber and subscriber's spouse
- Both the subscriber and spouse must be covered under the District's health insurance program
- 12 visits = up to \$20 reimbursement

(Available in greater MN and the North Dakota area)

**One (1) badge per Employee**



## Regency Managed Properties

**Program Requirements:**

- Up to 2 people per household
- 18 years of age or older; children/students must be under the age of 26
- 6 visits = up to \$20 reimbursement

(Available in IL, IA, KS, MN, MT, NE, NM, ND, SD, WY)

**Employees will use Wellmark of SD Card as an identifier**



**Call NIHCA with questions!**  
**(320) 722-0084**

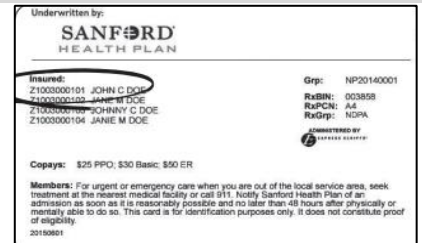
## Sanford Health Plan

### Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber's spouse
- 12 visits = up to \$20 reimbursement

(Available Nationwide)

One (1) card per Household



## Sioux Falls School District

### Program Requirements:

- Up to 2 people per household
  - Subscriber and subscriber's spouse
  - Both the subscriber and spouse must be covered under the District's health insurance program
  - 8 visits = up to \$20 reimbursement
- (Available in the Greater Sioux Falls Area)

One (1) card per Member

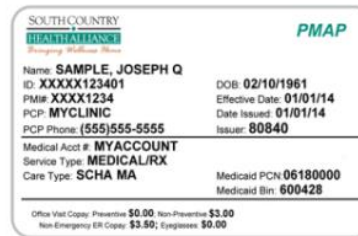


## South Country Health Alliance

### Program Requirements:

- Members must be 18 years of age or older
- No limit per household\*
- **Be Fit** ~ 8 visits = up to \$20 reimbursement
- **Be Active** ~ no minimum required to receive an up to \$20 reimbursement per month

\*There is no limit per household, as long as each participant is enrolled with SCHA during the respective month and is eligible to receive the discount.  
(Available in Minnesota)



One (1) card per Member

## UCare

### Program Requirements:

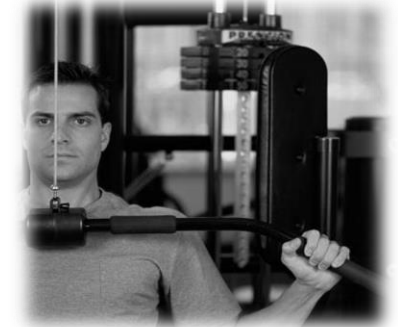
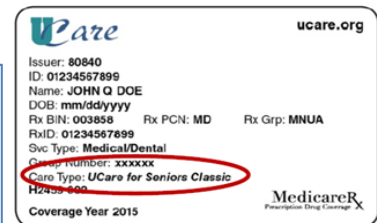
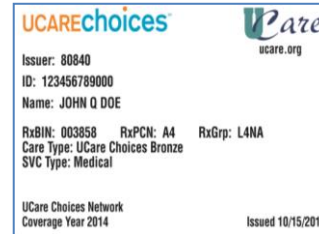
#### Senior Members:

- No minimum visits = up to a \$20 reimbursement
- Must have a paid membership

#### UCare Choices:

- 12 visits = up to \$20 reimbursement
- (Available in Minnesota)

One (1) card per Member



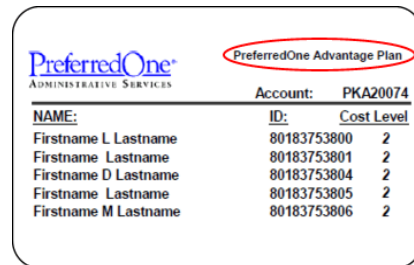
## Preferred One

**Program Requirements:**

- Up to 2 people per household
- Members must be 18 years of age or older
- 12 visits = up to \$20 reimbursement

(Available Nationwide)

One (1) card per Member



## Health Partners

**Program Requirements:**

- Up to 2 people per household
- Members must be 18 years of age or older
- Each member must meet 8 to 12 visits per calendar month

(Available Nationwide)

One (1) card per Member



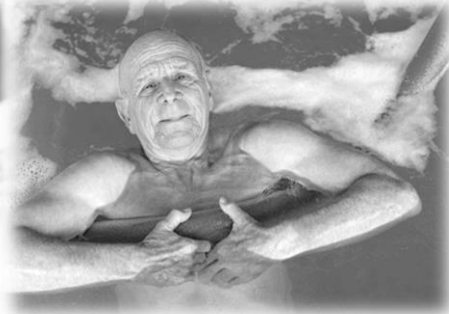
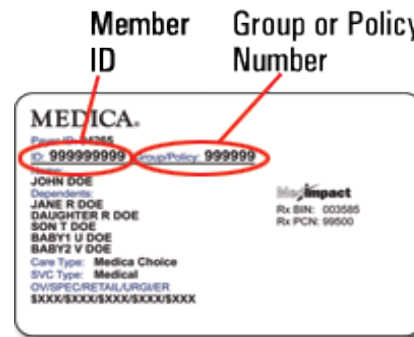
## Medica (requires approval)

**Program Requirements:**

- Up to 2 people per household
- Members must be 18 years of age or older
- Only one \$20 credit awarded to each membership contract, regardless of number of people on the policy
- Each member must meet 8 to 12 visits per calendar month
- Facility participation is pending upon approval by Medica

(Available Nationwide)

One (1) card per Member



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