

# CDPHP® Fitness Reimbursement Form

Submitting for reimbursement online is easy! Log in at [member.cdphp.com](http://member.cdphp.com) and click the **Health & Wellness** tab.

Eligible subscribers can be reimbursed up to \$400 per benefit year for going to the gym and/or attending online fitness classes, and their covered dependents can collectively earn up to \$200 – a total of \$600 per contract! **This benefit does not apply to all plans. To determine if you have this benefit, log in to your member account at [www.cdphp.com/wellness-services](http://www.cdphp.com/wellness-services) and look for “Fitness Reimbursement” in the Your Coverage box. You can also call the number on your ID card to confirm eligibility.**

Visit [www.cdphp.com/FitnessReimbursement](http://www.cdphp.com/FitnessReimbursement) for complete benefit rules and details.

Member Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Member ID #: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Check One:       Subscriber       Covered Dependent

GYM NAME OR ONLINE FITNESS CLASS	TOTAL FEES PAID	# OF VISITS
1		
2		
3		
4		
	TOTAL	

*Reimbursement will be made to the subscriber and sent to the address on file.*

## **CERTIFICATION AND AUTHORIZATION** *(must be signed by the subscriber)*

Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed \$5,000 and the stated value of the claim for each such violation.

Signature \_\_\_\_\_ Date Signed \_\_\_\_\_

*Please print form and sign*

**Please mail this form and proof of payment to:**

CDPHP  
P.O. Box 66602  
Albany, NY 12206

### **Discrimination is Against the Law**

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

### **Multi-language Interpreter Services**

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。





# Get Fit, Get Reimbursed

## FREQUENTLY ASKED QUESTIONS

**Eligible subscribers can be reimbursed up to \$400 per plan year for going to the gym or attending a digital fitness class, and their covered dependents can collectively earn up to \$200 – a total of \$600 per contract!** *To determine if you have this benefit, log in to your member account at [www.cdphp.com/wellness-services](http://www.cdphp.com/wellness-services) and look for “Fitness Reimbursement” in the Your Coverage box. You can also call the number on your ID card to confirm eligibility or determine the start of your plan year.*

Who is eligible for this benefit?

- ▶ Subscribers and covered dependents of fully insured Commercial plans.
- ▶ Eligibility varies for members of self-insured plans.

Still not sure if you’re eligible? Call CDPHP at the number on your ID card.

I do have this benefit. Now, how do I qualify and submit for reimbursement?

- ✓ Visit the gym or attend a digital fitness class at least 50 times to qualify for reimbursement of up to \$200 for subscriber, or up to \$100 collectively for covered dependents. **New for 2021 – subscriber and any covered dependent are eligible. For 2020 plan year, only subscriber and spouse/domestic partner are eligible.**
- ✓ You can submit for reimbursement two times per plan year for a total reimbursement of up to \$400 for subscriber and up to \$200 collectively for covered dependents.
- ✓ **The youth sports reimbursement is new for 2021. Youth sports expenses are not eligible for the 2020 plan year.**
- ✓ Submit for reimbursement online by logging in at [member.cdphp.com](http://member.cdphp.com) and clicking the **Health & Wellness** tab, or complete the paper form.
- ✓ You should apply for reimbursement within 12 months of the end of your plan year.
- ✓ Paper forms can be mailed with proof of payment to:

CDPHP  
P.O. Box 66602  
Albany, NY 12206

What qualifies for Fitness Reimbursement?

- ▶ A gym or exercise center that houses traditional exercise equipment and is open to the general public
- ▶ Virtual or online fitness program subscriptions that include digital fitness classes (Peloton, Beachbody, etc.).
- ▶ Specialty fitness studios (i.e. yoga, barre, Pilates, indoor cycling, Metabolic Meltdown, etc.).
- ▶ Sports activities for dependents under the age of 18 (soccer club fees, youth rugby, gymnastics, etc.).

### What expenses qualify for reimbursement?

- ▶ Annual membership fees paid for qualifying gyms.
- ▶ Monthly or annual subscription fees paid for virtual or online fitness classes and at home workouts.
- ▶ Fees paid for individual classes or a package of classes at specialty fitness studios.
- ▶ Fees paid for sports activities for dependents under the age of 18.

Membership fees for country clubs, weight loss clinics, spas, or other similar facilities do not qualify for reimbursement. Fees for fitness equipment are not eligible for reimbursement.

### What are acceptable proofs of payment?

- ▶ Copy of a bill from facility or program showing fee(s) paid or a credit card statement. Member name, facility or program name, amount paid, and date(s) of payment must be included.

### Tips for submitting an acceptable form:

- ✓ Check your eligibility and ensure all paperwork is completed prior to submitting for reimbursement!
- ✓ Make sure the subscriber signs all reimbursement forms.
- ✓ Submit separate forms and documentation for subscriber and spouse.
- ✓ Submit for reimbursement up to two times per plan year.
- ✓ We're here for you! Call us with questions!

