

Fitness Incentive Program Details

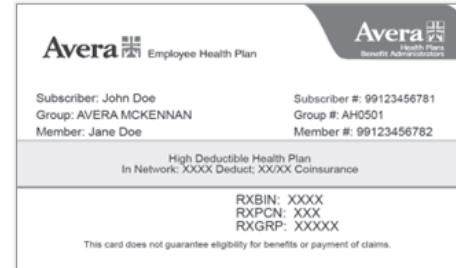
Updated 1/1/2023

Avera Health

(Available Nationwide)

Program Requirements:

- Eligible adult must be enrolled on the Avera Health Employee Health Plan
- Must be an Avera employee and/or spouse only
- **8 visits = up to \$20 reimbursement**
- One (1) card per member

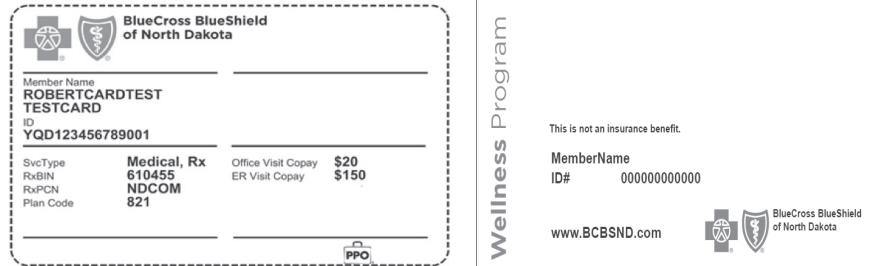


Blue Cross Blue Shield of North Dakota

(Available Nationwide)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber's spouse
- **12 visits = redeemable for points**
- 9-Month program only ~ Jan-Sept
- One (1) card per household



Fargo Public Schools

(Available in greater MN and the ND area)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber's spouse; both must be covered under the District's health insurance program
- **12 visits = up to \$20 reimbursement**
- Employee's spouse adds an "S" at the end of the badge #



Fleet Farm

(Available in select cities Nationwide)

Program Requirements:

- Team Member and Spouse are eligible
- **12 visits = up to \$20 reimbursement**
- Eligible members will use their BCBSMN ID #; Dep ID # will be "T" for team member and "S" for spouse
- One (1) card per member



HealthPartners

Program Requirements:

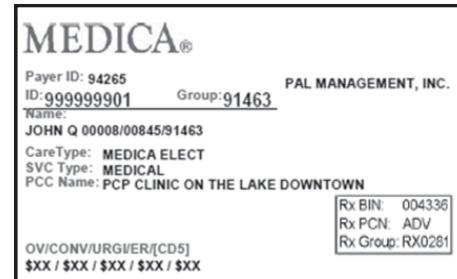
- Up to 2 people per household; Must be 18 years or older
- **12** visits = up to \$20 reimbursement
- One (1) card per member



Medica

Program Requirements:

- Each member must work out **8 or 12** visits/month, depending on their insurance policy; Members must be 18 years or older.
- Medica provides up to a \$20 credit with a maximum of 2 credits per month per family towards health club membership monthly dues.
- One (1) card per member

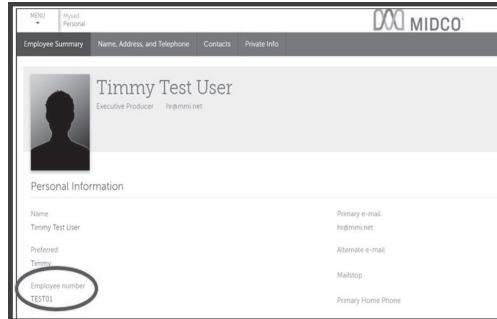


Midco

(Cable/TV Company in select cities Nationwide)

Program Requirements:

- Employee + spouse; Spouse adds an “S” at the end of the Employee Id #
- **8** visits = up to \$20 reimbursement
- Employee ID is located on internal system; no physical card

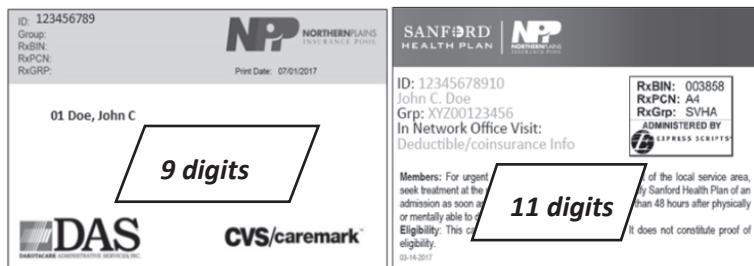


Northern Plains Insurance Pool

(52 School Districts in South Dakota)

Program Requirements:

- Employee Only
- **8** visits = up to \$20 reimbursement
- One (1) card per employee



Fitness Incentive Program Details

PreferredOne

(Discontinuing in 2023)

Program Requirements:

- Up to 2 people per household; Must be 18 years or older
- **12 visits = up to \$20 reimbursement**
- Some programs may vary, ask your employer for details
- One (1) card per member

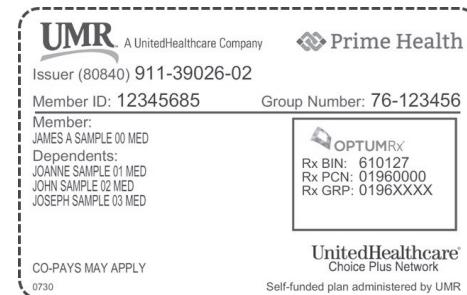
PreferredOne [®] ADMINISTRATIVE SERVICES		
PreferredOne Advantage Plan		
NAME:	Account:	PKA20074
Firstname L Lastname	ID:	80183753800 2
Firstname Lastname		80183753801 2
Firstname D Lastname		80183753804 2
Firstname Lastname		80183753805 2
Firstname M Lastname		80183753806 2

Prime Health

(Available in Minnesota)

Program Requirements:

- 2 Eligible people per household
- Member and/or 2nd dependent adult (18 years of age of older)
- **12 visits = up to \$20 reimbursement**
- One (1) card per household



PrimeWest

(Medicaid available in Minnesota)

Program Requirements:

- Senior Subscriber, 65 and older, is eligible
- Eligible programs; Senior Medicaid, MSHO, and Prime Health Comp
- **0 visits = up to \$20 reimbursement**
- One (1) card per member

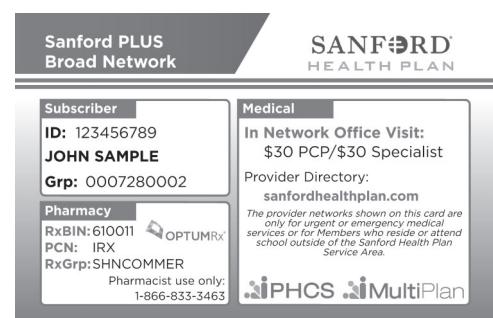


Sanford Health Plan

(Available Nationwide)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber's spouse; enter an "E" for Subscriber and "S" for Spouse in the Dep ID # field
- **12 visits = up to \$20 reimbursement**
- One (1) card per member



Fitness Incentive Program Details

Sioux Falls School District (SFSD)

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
- Employee ID is in SFSD Payroll system; no physical card

(Available in the Greater Sioux Falls Area)

Employee Name (#003018) ←
 View the top left corner of your MyView paystub to find your Employee Number. Spouses should add an "S" to the end of the Employee Number. You can also call 605-367-7661 to learn your Employee Number.

South Country Health Alliance

(Available in Minnesota)

Program Requirements:

No limit of participants per household*

SeniorCare Complete & AbilityCare:

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

MSC+, SharedCare & SingleCare:

- 4 visits = up to \$20 reimbursement



*There is no limit per household, as long as each participant is eligible and enrolled during the respective month and has a paid gym membership.

UCare

(Available in Minnesota and surrounding area)

Program Requirements:

- One (1) card per member

Medicare Members:

- No Minimum visits = up to \$30 reimbursement
- Must have a paid membership

Individual Family Plan (IFP), UCare MinnesotaCare, and UCare MA:

- 12 visits = up to \$20 reimbursement



National Independent Health Club Association

Info@nihca.org ~ www.nihca.org

320.722.0084 (Phone) ~ 320.722.0095 (fax)