

CDPHP® Fitness Reimbursement Form

Submit for reimbursement by logging in at member.cdphp.com and clicking the **Health & Wellness** tab.

With the CDPHP Fitness Reimbursement, eligible subscribers can be reimbursed up to \$400 per benefit year 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 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 for complete benefit rules and details.

Member Name: _____ Date of Birth: _____

Member ID #: _____ Phone Number: _____

Check One: ☐ Subscriber ☐ Covered Dependent

GYM NAME, CLASS NAME, YOUTH PROGRAM, OR DEVICE	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 qualified fitness activities, and their covered dependents can earn a combined \$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 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.*

What qualifies?

- ▶ Gym fees, paid fitness classes, paid digital fitness classes, and parent and baby classes.
- ▶ The dependent portion can be used for youth sports fees for members under age 18.
- ▶ Wearable fitness devices. Please note there is a cap on how much of your reimbursement amount can be used for qualified devices. Subscribers can be reimbursed up to \$200 for qualified devices (out of the \$400 maximum) and covered dependents can be reimbursed up to a combined \$100 for qualified devices (out of the \$200 maximum). Device must have been purchased during the 2023 plan year or later.

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/fitness facility or attend a digital fitness class at least 50 times to qualify for reimbursement.
- ✓ Keep your receipts from qualified activities or for qualified devices.
- ✓ Submit for reimbursement online by logging in at member.cdphp.com and clicking the **Health & Wellness** tab, or complete the paper form.
- ✓ Parent and baby classes should be submitted under the dependent's name.
- ✓ You should apply for reimbursement within 12 months of the end of your plan year.
- ✓ Please allow 30 days for your submission to be processed and payment to be sent via mail or electronic funds transfer (EFT). Fill out the **EFT form** for quicker reimbursement.
- ✓ 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, BODi, etc.).
- ▶ Specialty fitness studios (i.e. yoga, barre, indoor cycling, and other fitness studios).
- ▶ Parent and baby classes (yoga, swim lessons, etc.)
- ▶ Wearable fitness devices such as an Apple Watch or Fitbit.
- ▶ Sports activities for dependents **under age 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.
- ▶ Fees paid for parent and baby classes.
- ▶ Funds used for the purchase of qualified wearable fitness devices.

Membership fees for country clubs, weight loss clinics, spas, or other similar facilities do not qualify for reimbursement. Fitness equipment is 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.
- ✓ We're here for you! Call us with questions!

