

BE Well

Blue Cross Blue Shield of North Dakota (BCBSND) is joining together with the National Independent Health Club Association (NIHCA) — a non-profit organization created to represent the independently owned health centers across the nation, to provide a Health Club Credit program.

BCBSND's Health Club Credit program will pay up to \$20 toward your monthly health club membership dues.



**BlueCross
BlueShield
of North Dakota**

An independent licensee of the
Blue Cross & Blue Shield Association

**800-342-4718
www.BCBSND.com**

Noridian Mutual Insurance Company

Health Club Credit Program

Am I eligible? What can I earn?

You can earn up to a \$20 credit per month for visiting an NIHA-affiliated health club. Spouses who are 18 or older and covered by your BCBSND health plan are also eligible to participate. To earn this credit, each eligible member must exercise 12 or more days per month at an NIHA-affiliated health club. (You are responsible to make sure your visits to the health club are recorded.)



How do I start?

You will receive a welcome letter with Frequently Asked Questions (FAQ) and the Authorization for Release of Information form from your employer. Complete the Authorization and return it to your human resources or business office. If your employer also offers The MyHealthCenter Program, the Authorization is online and must be completed along with a Health Assessment. Bring the welcome letter and your BCBSND health plan card to a participating health club, where you will receive and complete an enrollment form. Please refer to your welcome letter for more detailed information.

Exercise and credit schedule.

You and your eligible spouse may sign up for the fitness discount at any time. Credits will follow the following schedule:

Monthly requirement met (12 visits per month*)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Eligibility verified and submitted	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Credit posted to member's fitness center account	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb

Note: If there are any changes to your BCBSND health plan, please let your health center staff know. You should also contact BCBSND at the number on the back of your ID card as it may affect your credit eligibility.

If you cancel your health center membership or your BCBSND medical coverage, or if the health center discontinues participation in the program, you will forfeit any unapplied credits.

How is the credit received?

You and your eligible spouse each complete a simple enrollment form at a participating health club. The health club tracks the number of visits and, after verifying your eligibility with BCBSND, credits the health club account. There is a period of time between the month you complete the workout requirement (12 days/month) and the time your health club account is credited.

Which health clubs participate?

To view current health clubs that participate with NIHCA or to nominate a club, go to www.nihca.org. A member, group, or BCBSND can nominate a club or identify a geographic region at which time NIHCA contacts the club to discuss NIHCA network membership. To find a participating health club in Minnesota, please use the www.mihca.org link on the NIHCA web site.

For more information about health and wellness, visit NDWellnessCenter.com



NIHCA (National Independent Health Club Association) is an independent company assisting in the administration of BCBSND's health and wellness program.