



Get More Benefit from Going to the Gym!

New \$150 Fitness Rebate

\$150 REBATE ON YOUR GYM MEMBERSHIP FEE

Starting 6/1/06, as a Tufts Health Plan subscriber, you are eligible to receive a \$150 mail-in fitness rebate on your annual gym member fees after four consecutive months of membership with both Tufts Health Plan and your qualifying health & fitness club. Just call Member Services at 1-800-462-0224 and request your Minuteman Nashoba Health Group fitness reimbursement form. Approved fitness clubs/gyms must have both cardiovascular and strength training equipment.

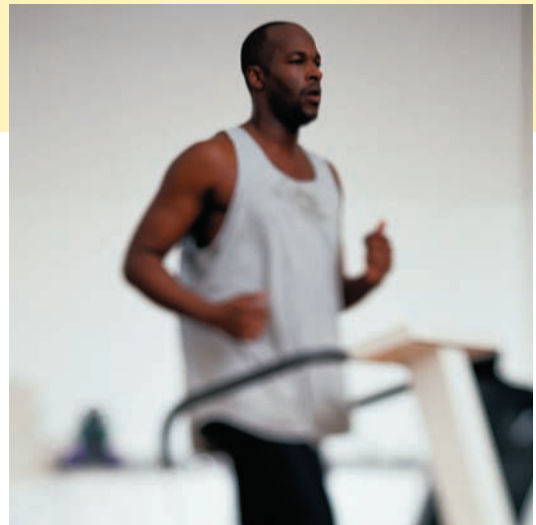
PLUS, RECEIVE ADDITIONAL 20-60% DISCOUNT

On membership fees through Tufts Health Plan fitness network and GlobalFit participating facilities. Check online at www.tuftshealthplan.com for the many fitness centers near you! And, there are no joining/initiation fees at all Tufts Health Plan network clubs.

Options in your area may include:

Bally Total Fitness
Curves
Global Fitness
Gold's Gym

Nashoba Valley Fitness
Orchard Hills Club
Suburban Athletic Club
Worcester Fitness



MORE MEMBER DISCOUNTS

on health and wellness products available through our Healthyroads.com online shopping, massage therapy, acupuncture, nutritional counseling, Weight Watchers® and more.

TUFTS  **Health Plan**

No one does more to keep you healthy.

FOR MORE INFORMATION

To learn more about your fitness reimbursement call Member Services at 1-800-462-0224

Available as long as your employer has elected to offer this fitness reimbursement.

NEW - for Minuteman Nashoba Health Group's Tufts Health Plan Subscribers