

# FitOn Health

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**Applies to:** All plans

## **FitOn Health**

FitOn Health is a basic fitness benefit that includes fun and energizing programs that help older adults take greater control of their health by encouraging physical activity. It's designed to improve overall fitness by increasing muscular strength, endurance, flexibility, agility, and balance. Physical exercise improves the overall wellbeing of the member.

## **Original Medicare**

Original Medicare does not cover fitness services.

## **Premera Blue Cross Medicare Advantage (HMO) Plans Enhanced Benefit**

Premera Blue Cross Medicare Advantage (HMO) Plans are Medicare Advantage plans, that provides at least the same level of benefit coverage as Original Medicare (Part A and Part B) and may provide enhanced benefits beyond the scope of Original Medicare within a single healthcare plan. This flexibility allows Premera Blue Cross to offer enriched plans by using Original Medicare as the base program and adding desired benefit options such as FitOn Health.

Coverage for the FitOn Health program is provided to members under all Premera Blue Cross Medicare Advantage HMO individual plans. Because Original Medicare doesn't cover fitness services, the scope of the benefit, reimbursement methodology, maximum allowed payment amounts, and member cost sharing are determined by Premera Blue Cross for individual coverage.

## **Benefits Include:**

- FitOn membership at any participating standard fitness network location across the country.
- Studio classes/virtual classes
- Day passes to gyms.
- Home fitness kits
- Digital workouts.
- Meal plans with recipes
- Expert-led wellness and fitness classes

At the beginning of each month, eligible members will receive 36 credits in their FitOn Health account. Eligible members can use their credits at any fitness experience in the FitOn program. Members will receive a new set of credits on the first of every month. Credits do not rollover. To register, go to [fitonhealth.com/register](https://fitonhealth.com/register).

### **Conditions for Benefit**

The FitOn program is a specialized program designed specifically for seniors that includes membership payments at participating facilities. Members receive monthly credits that they can use for gym memberships, fitness classes, or other fitness services offered by FitOn Health. Those who chose to participate in this program must register for the program by signing up on their website, [fitonhealth.com/registernow](https://fitonhealth.com/registernow) or calling their customer support at 1-855-378-6683, option 1 Monday through Friday, 5 a.m. to 8 p.m. Pacific time, or by visiting online at <https://www.fitonhealth.com/help>

FitOn has an option called Flex Network. Members can spend up to their available monthly credits towards the purchase of a membership for an out-of-network gym. Members will need to create an account with FitOn to access the Flex Network. Member Cost-Sharing

- If a member wishes to add additional fitness experiences, but they don't have enough credits to cover it, they can purchase more credits from FitOn.
- To verify member eligibility, benefits, and cost share, go to the Premera Blue Cross Medicare Advantage HMO secure website at [premera.com/wa/provider/medicare-advantage/](https://premera.com/wa/provider/medicare-advantage/). Click on the "Sign in to tools and resources" button.

### **Contact Information**

Members with questions concerning FitOn benefits can call FitOn Health at 1-855-378-6683. Information about FitOn is also available on their website, <https://www.fitonhealth.com>. Members can also call Premera Blue Cross Medicare Advantage (HMO) plans at 888-850-8526 (TTY: 711).

### **Revision History:**

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