

Use this form to request the \$150 (\$350 for Access PPO, Saver Rx HMO, and Smart Saver Rx HMO plan members)\* Wellness Allowance reimbursement offered by Tufts Health Plan Medicare Advantage HMO/PPO. Details on how this benefit works and what programs qualify for reimbursement can be found in Chapter 4 of your EOC, available at [thmp.org/documents](http://thmp.org/documents). **Reimbursement requests must be received by March 31 of the following year.**

If a Member Reimbursement Form is being submitted by an Authorized Representative, please complete and include the *Appointment of Representative (AOR) Form*, or any legal documentation verifying personal representation, with your request. We require verification of the authority of an Authorized Representative before the request can be processed. You can find the AOR Form on our website at [thmp.org/cms-aor-form](http://thmp.org/cms-aor-form).

I am completing this form as an Authorized Representative to the subscriber.

## Member Information

First name

M.I.

Last name

Date of birth

Member ID number

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## Service Information (Include any additional information on separate sheet)

Name of facility/class/counselor/program

Street address

City

State ZIP

Total amount of reimbursement you are requesting

\$ 

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I am requesting reimbursement for (check all boxes that apply)

 Club/facility membership fee(s) Nutritional counseling fee(s) Acupuncture Fitness class fee(s) Matter of Balance program Chronic disease self-management program Other wellness program (specify):  
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If you are applying your benefit toward a health club or fitness facility, please confirm you received an orientation to the facility and equipment.

 Yes, I received an orientation

## Signature

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I authorize the release of any information to Tufts Health Plan about my health club membership. I certify that the information provided is complete and correct, and that I have not previously submitted for these services.

Signature

Date

## Instructions

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### Reimbursement requests must be received by March 31 of the following year.

You can submit this form with paid receipts once and receive your \$150 (\$350 for Access PPO, Saver Rx HMO, and Smart Saver Rx HMO plan members)\* Wellness reimbursement in full, OR you may submit this form with paid receipts several times until you have received up to \$150 (\$350)\*. You can receive up to \$150 (\$350)\* per calendar year (January 1–December 31).

### Please submit the following:

**1. This completed form** (only one member request per form please)

**2. Photocopies of one of the following:**

- Dated, paid receipt with the name of the facility, class, or counselor preprinted on the receipt, and the amount paid
- Front and back of cancelled check written to the facility, class, or counselor
- Credit card statement or receipt identifying the facility, class, or counselor

Photocopies must be on 8.5"×11" paper. Multiple receipts can be included on one page. Please keep copies of all the paperwork you send us. We are not able to return photocopies of receipts or agreements, even if the request for payment is denied.

### Remember to check with your doctor before starting an exercise program!

### Please mail this completed form and proofs of payment/receipts to:



**Tufts Health Plan**

Wellness Benefit

P.O. Box 518

Canton, MA 02021-0518

### For more information:

Call Member Services at **1-800-701-9000 (HMO)/1-866-623-0172 (PPO) (TTY: 711)**

8 a.m.–8 p.m., 7 days a week (Mon.–Fri. from Apr. 1–Sept. 30).

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\*Members of Tufts Medicare Preferred Access PPO, HMO Saver Rx, and HMO Smart Saver Rx plans can get up to a total of \$350 each calendar year.