TUFTS Health Plan

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2025 Wellness Allowance Reimbursement Form

Use this form to request the $150 *($300 for Saver Rx HMO, $175 for Smart Saver Rx HMO, and $185 for Access PPO 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 Evidence of Coverage, available at **thpmp.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 **thpmp.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 | Plan

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

$ _____ . _____

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

- ☐ Club/facility membership fee(s)
- ☐ Nutritional counseling fee(s)
- ☐ Acupuncture
- ☐ Fitness class fee(s)
- ☐ Evidence-based Health Education programs
- ☐ Alternative Therapies
- ☐ Fitness tracking devices and heart rate monitors
- ☐ Other wellness program (specify):

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

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

Reimbursement requests must be received by March 31 of the following year. Reimbursement requests submitted for plans other than Tufts Health Plan cannot be accepted.

You can submit this form with paid receipts once and receive your $150 *($300 for Saver Rx HMO, $175 for Smart Saver Rx HMO, and $185 for Access PPO plan members)** Wellness reimbursement in full, OR you may submit this form with paid receipts several times until you have received up to $150 ($300 for Saver Rx, $175 for SmartSaver Rx, or $185 for Access PPO).* You can receive up to $150 ($300 for Saver Rx, $175 for Smart Saver Rx, or $185 for Access PPO)* 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
   - Receipts for all other purchases must clearly identify the item/service purchased and amount paid

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!

Proof of payment must be in the member's name or, alternatively, in the name of the member's representative on record. 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 HMO Saver Rx plan can get up to a total of $300 each calendar year.