



# Fitness Reimbursement, explained

Depending on your plan, you may have our new fitness benefit which gives you either a quarterly or annual allowance to help pay for fitness and activity fees and select supplies. This is a direct member reimbursement (DMR) benefit, which means you will pay up front for qualified services, activities, and supplies. Then you will need to submit for reimbursement. See your plan's Evidence of Coverage or contact your broker for the specific allowance amount, frequency and details on what's covered.

## How it works

### Step 1 Pay for your fitness-related services, activities and supplies

You will pay up front for qualified fitness services, activity fees and supplies received from licensed fitness providers, establishments, or retail stores\*. At the time of purchase, be sure to get a detailed receipt.

**Important:** The receipt must clearly state itemized costs, date of purchase, and method of payment.

### Step 2 Ask for reimbursement

Visit [AetnaMedicare.com/Reimburse](https://www.aetna.com/Reimburse) to get the fitness reimbursement form. You can download the form or complete the form online. You will need to submit your itemized receipt along with the completed form.

**Important:** Be sure to complete all required fields on the form. It will help us process your request faster.

### Step 3 Get paid back

We will send you a check to reimburse you for the qualified fees and services on your itemized receipt (up to your available allowance amount). It may take up to 45 days for you to receive your check in the mail.

**Important:** You must submit the fitness reimbursement form and itemized receipt within 365 days from the date of purchase. Allowance amounts do not roll over to the next calendar quarter or plan year.



#### How to ask for reimbursement

1. Visit [AetnaMedicare.com/Reimburse](https://www.aetna.com/Reimburse) or scan this QR code



2. Download, print and complete the form. Then mail to the claims address listed on your member ID card.

#### OR

Complete the form online

**Note:** Include your name and Aetna® ID number on the form and itemized receipt(s). When requesting reimbursement by mail, be sure to make copies of your original documents because they won't be returned to you.

#### Have questions?

We're here to help.  
Just call us at the number on your Aetna ID card.



\*Private sales or non-retail purchases are not eligible for reimbursement.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.