CIGNA HealthCare of Arizona
11001 N. Black Canyon Highway, Ste. 300
Phoenix, Arizona 85029

Attn: Consumer Sales/Fitness Pays®

Participating Health Club Locations

YMCA

Chandler/Gilbert
1655 W. Frye Rd.
480-899-9622

Mesa
207 N. Mesa Dr.
480-969-8166

South Mountain
222 E. Olympic Blvd.
602-276-4246

Scottsdale/Paradise Valley
6869 E. Shea Blvd.
480-951-9622

Desert Sky YMCA
7611 W. Thomas
623-845-9534

Glendale/Peoria
14711 N. 59th Ave.
602-588-9622

Phoenix Downtown
350 1st Ave.
602-257-5138

Chris-Town
5517 N. 17th Ave.
602-242-7717

Tempe
7070 S. Rural Rd.
480-730-0240

The Q

Phoenix
3233 E. Camelback Rd.
602-224-9394

Tempe
2145 E. Baseline Rd.
480-831-2200

Scottsdale
13220 N. Scottsdale Rd.
480-951-8883

LA Fitness

Ahwatukee
7810 S. Priest Dr.
480-496-8805

Arrowhead
5336 W. Bell Rd.
602-547-9425

Chandler
3029 N. Alma School
480-345-8944

Mesa
1126 S. Gilbert Rd.
480-827-2924

Desert Sky
7640 W. Thomas
623-845-9920

Moon Valley
402 E. Greenway Pkwy.
602-863-3830

Phoenix
8221 N. 23rd Ave.
602-995-1234

Scottsdale
7529 E. McDowell Rd.
480-945-8118

Tempe
63 E. Southern Ave.
480-829-0622

**Please note that certain restrictions and stipulations may apply. Please verify with your health club that your membership qualifies you for eligibility in this program. Additionally, you may qualify for a Corporate Membership.*

CIGNA HealthCare of Arizona
A Business of Caring.

Fitness Pays®

When it comes to health coverage, we sweat the details.

We reward our members for throwing their weight around.

CIGNA HealthCare of Arizona is excited to offer a new value-added program for our Commercial HMO/POS subscribers. We recognize that fitness has many positive health results and we want to encourage you to adopt a healthy lifestyle, one that encourages routine workouts at one of our Health Club partners.

Exercise Makes A Difference!

Physically inactive people are twice as likely to develop coronary disease than those who engage in regular physical activity.

Benefits of Regular Physical Activity
– from a report by the Surgeon General

- Reduces the risk of dying prematurely
- Reduces the risk of dying from heart disease
- Reduces the risk of developing diabetes
- Reduces the risk of developing high blood pressure
- Helps reduce blood pressure in people who already have high blood pressure
- Reduces the risk of developing colon cancer
- Reduces feelings of depression and anxiety
- Helps control weight
- Helps build and maintain healthy bones, muscles and joints
- Promotes psychological well-being
- Helps older adults become stronger and better able to move about without falling

How does the program work?

There are quarterly enrollment periods listed to the right. You must enroll prior to the enrollment period. Once enrolled, you are required to work out at your eligible health club a minimum of 10 times a month for 6 consecutive months. Your eligible health club will stamp "CIGNA" on your personalized wallet card for you each time you work out. You will need to return the card to CIGNA HealthCare once you have completed your 6 consecutive month enrollment period. Remember, you must have 10 workouts for each month.

What do I get?

For those Commercial subscribers who enroll in our program, and successfully complete the program, we will provide you with a check. You can use this money to pay for your health club fees, purchase fitness equipment, use it to offset your health care expenses, or whatever you desire. Those that meet the minimum requirement will receive a check for $75, within 31 days of the program completion. Maximum participation of one per family per six month enrollment period. You must still be enrolled with CIGNA HealthCare to receive compensation.

How do I know if I am eligible?

This program is for current Commercial subscribers. The subscriber is the employee. You can tell if you are a Commercial subscriber by looking at your CIGNA HealthCare ID card. You should have a large C in the middle of your card. If you want to defer your eligibility to your covered spouse, please indicate on the attached application form. If you are still unsure if you are a Commercial subscriber, please contact Member Services for verification at 1-800-832-3211.

Disclaimer: CIGNA reserves the right to terminate this program with 60 days notice prior to the renewal date of the conditions and terms of the renewal, however, we will honor those participants that are currently enrolled provided that their employer is still participating with CIGNA HealthCare. If the employer group terms prior to the completion date of the program, you will be ineligible to collect the cash incentive.

Sign Me Up For Fitness Pays!

Please mail back to CIGNA in order to be effective. Upon receipt of your application, we will immediately forward an enrollment kit.

Please check the 6-month time period you are enrolling in. It is **NECESSARY** to **RE-ENROLL IN ADVANCE** for each period that you participate.

Program begins:

- ☐ January 1st through June 30th
- ☐ April 1st through September 30th
- ☐ July 1st through December 31st
- ☐ October 1st through March 31st
- ☐ January 1st through June 30th

Name

Deferred to Spouse – Spouse's Name

Address

Phone

CIGNA Member ID Number Group #

Signature

Questions??? 480-4GET-FIT

CIGNA HealthCare of Arizona, Inc.