

# Get Healthy !!

## Stay healthy & Earn \$\$ While you Exercise !!



### Preferred Care Benefits

- Members of **Preferred Care Gold** or **Preferred Care Gold Anywhere** receive a fully-paid membership through the *SilverSneakers Program*.
- Members of **Preferred Care TriVantage Active Lifestyles Plan** receive up to \$300 per year per subscriber toward a YMCA Membership. **PLUS-** \$50 'HealthDollars' to spend with the YMCA for health, wellness or fitness programs.
- Members of **Preferred Care TriVantage Family Focus Plan** receive up to \$300 per year per subscriber for YMCA Swimming Lessons. **PLUS-** \$50 'HealthDollars' to spend with the YMCA for health, wellness or fitness programs.
- Members of **Preferred Care TriVantage Healthy Alternatives Plan, Preferred Care Opportunity Plan, OR Preferred Care Basix Plan** receive \$50 'HealthDollars' to spend with the YMCA for health, wellness or fitness programs.

For more information about Preferred Care programs and benefits, visit [www.preferredcare.org](http://www.preferredcare.org) or call 585-325-3113.



### Excellus BlueCross BlueShield Benefits

- **Blue Healthy Choices** subscribers with the **Fit & Healthy Option** are eligible for up to \$300 per calendar year for a YMCA Membership or toddler gym & swim programs.\*
- **Blue Healthy Choice** subscribers with the **Healthy Family Option** are eligible for up to \$100 per calendar year for a YMCA Membership or toddler gym & swim programs.\*
- **Healthy Blue** subscribers can earn Healthy Rewards dividends by participating in health & wellness programs at the YCMA\*\*
- **Blue Choice Medicare Advantage Plan** subscribers (**Value, Platinum, Optimum and Plan 201**) are eligible for \$650 per calendar year for a YMCA Membership through the 'Go Getters' Program.\*\*\*

\*These Excellus BCBS programs require participants to submit claim forms for reimbursement. Please visit the YMCA front desk to request a receipt.

\*\*Healthy Blue subscribers must follow registration instructions to receive HealthyRewards dividends. Please visit [www.excellusbcbbs.com](http://www.excellusbcbbs.com) for more information.

\*\*\*Medicare Blue Choice subscribers receive a debit card to be used toward membership and/or program fees.

For more information about Excellus BlueCross BlueShield programs and benefits, visit [www.excellusbcbbs.com](http://www.excellusbcbbs.com) or call 800-499-1275