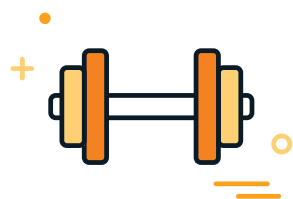


Health Club Reimbursement



240 more reasons to get fit.

Fit ChoicesSM by Medica motivates you to move. Hit the gym a set number of times each month, get a \$20 monthly credit* to help pay the bill. That's up to \$240 a year.

It's easy to get started

- Find a list of participating health clubs at [Medica.com/FitChoices](https://www.Medica.com/FitChoices). Then show your Medica ID card at that health club.
- Don't sweat the recordkeeping. Your health club will track your visits and let Medica know.
- Work out at your gym. Then get a \$20 credit toward your monthly health club bill.



Have questions? We're here.

Go to [Medica.com/FitChoices](https://www.Medica.com/FitChoices) to learn more. To make sure you're eligible or to learn about your monthly visit requirement and credit, call Customer Service at the number on the back of your ID card.

*Monthly health club bills less than \$20? You'll get a credit for the amount of your bill. Up to two members per Medica policy can earn the \$20 credit per month. (With a family health club membership, there is a maximum of two monthly \$20 credits. A member with a single health club membership can earn one \$20 monthly credit.) Members must be at least 18 years old to get the credit.