



Get paid to get fit!

Getting started is simple...

- To enroll, visit one of the health clubs or fitness facilities in the Fit ChoicesSM by Medica network and present your Medica ID card. A complete list of network clubs and facilities can be found at medica.com/fitchchoices.¹
- Your club will track your visits and send verification to Medica, then you'll get a \$20 credit toward your monthly dues - up to \$240 per year - for working out *just 8 days* each calendar month!

If you would like to learn more details, you can visit our Web site at medica.com/fitchchoices. You're also welcome to call Medica Customer Service at: **952-945-8000** or **1-800-952-3455**. TTY National Relay Center: 1-800-855-2880.

¹If available through your employer.

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