

New York State Nurses Association

N Y S N A  
**Benefits Fund**



**Valuable  
Extras  
For You**

12/2025

# Valuable Extras From Anthem

## Exercise Rewards Program

While January tends to be a popular month to begin a new fitness routine, Anthem BlueCross BlueShield offers Fund participants rewards for working out all year long. In Anthem's online MyHealthDashboard is the Exercise Rewards program offering participants reimbursement for their fitness memberships. The Exercise Rewards program makes your hard work at the gym pay off (literally). You can either track your fitness visits yourself or enroll in an automatic tracker. You'll receive reimbursement if you meet the minimum required visits during each 6-month tracking period and submit your forms within 90 days. *Fund participants' tracking periods are January through June and again from July through December.* Qualifying fitness centers are in the U.S. and open to the public, have staff oversight and offer regular programs like cardio, flexibility and weight-training.

### How do I register for the Exercise Rewards program?

Once you have logged on to Anthem's home page at [anthem.com](http://anthem.com) click on the "MyHealthDashboard" tab, then choose "Programs." Once there you will find the Exercise Rewards link.

You can either fill out and submit a completed Fitness Center Membership Verification form (FCMV) and Gym Reimbursement Form for reimbursement or enroll in the Anthem Active Fit & Direct (AFD) program. AFD will automatically track your gym visits and manage your reimbursement paperwork for you. If you choose to complete a FCMV form (pen to paper) you must submit your paperwork within 90 days of each six month tracking period which is January through June and July through December.

### What are the benefits to registering?

Money back in your pocket provides extra motivation to keep those gym visits going!

### What is my reimbursement amount?

The amount you receive varies according to your plan and the gym membership fee. The amount varies depending on the gym membership fee with a maximum benefit of up to \$200.00 for a subscriber and up to \$100.00 for a qualified dependent.

# Added benefits from the Benefits Fund

## A Valuable Extra From MetLife

Benefits Fund participants have an added benefit through MetLife - personal will preparation. Personal Will Preparation services, provided by MetLife Legal Plans, are offered at no additional cost to you.

With MetLife's Will Preparation services, you have access to professional resources to help ensure your final wishes are clear. You and your spouse can access professional attorneys to help you prepare or update a will, living will or assign a power of attorney. You may choose to meet in-person or by phone with a participating attorney. Fees are fully covered for in-network attorneys and there are no claim forms to file.

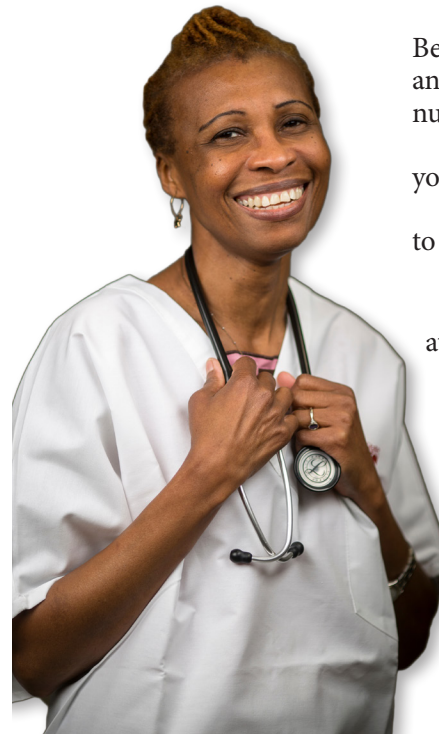
### Get started today:

1. Contact MetLife Legal Plans at [legalplans.com/estateplanning](http://legalplans.com/estateplanning) or by calling 800-821-6400 and a Client Service Representative will:

- Ask for your Company name (NYSNA Benefits Fund), Group Number (224689), and the last 4 digits of your Social Security number
- Locate a participating plan attorney in your area
- Provide you with a case number to give to the attorney of your choice
- Answer any questions you may have

2. Next, call the office of your chosen attorney to make an appointment at a time that works best for you.

3. Talk to an attorney as many times as needed to prepare, update or revise a will.



*The information contained herein should not be viewed as a substitute for the most recent Summary Plan Description and any relevant Summary of Material Modifications. In case of discrepancies or contradictions, the language and terms of the SPD and SMMs shall prevail.*

# More Extras From Anthem...

## Smoking Cessation

Anthem's Quitting Tobacco Road Map, from their Tobacco Cessation Center is an online program providing motivation, activities, and advice to help you reach your goal of quitting tobacco for good. For more information visit **anthem.com**, click on the "MyHealthDashboard" tab, then "Programs."

## LiveHealth Online

Visit virtually with a doctor or licensed therapist to discuss your physical and mental health hurdles. Log on to **anthem.com** to start your first virtual visit today.

## Healthy Discounts

Anthem offers a variety of discounts for Fund participants which can be found on their web site at **anthem.com** click on the "Care" then scroll down to "Discounts."

## Building Healthy Families

Anthem's Building Healthy Families, can help your family grow strong whether you're trying to conceive, expecting a child, or in the thick of raising young children. Building Healthy Families offers personalized, digital support through the Sydney Health mobile app or on **anthem.com**. This convenient hub offers an extensive collection of tools and information to help you navigate your family's unique journey. Building Healthy Families has the support you need to nurture a healthy pregnancy and tackle every stage of your family's growth with confidence.

### How to enroll

Open the Sydney Health mobile app and go to My Health Dashboard. Choose the Building Healthy Families tile under Featured Programs. For more information call the Benefits Fund at (518) 869-9501.

## Valuable Extras From Aetna

Caring for your mouth is an important part of taking care of your overall health. As a Benefits Fund participant and Aetna® member, you get discounts on dental products and much more. In the Aetna member website you may find offers and discounts on healthcare and lifestyle goods and services. To shop for these discounts and more, just go to **aetna.com**, register or log in, then choose "Health and Wellness" then "Browse Discounts."