

## #Catalyst Fitness Insurance-Based Membership Worksheet

We partner with several insurance-based fitness programs to provide you with potential no-cost or low-cost gym membership. Please complete this worksheet to help us determine your eligibility and gather necessary information. Please also return this with a photocopy of both your State Issued ID and your Health Insurance Card (both sides). We can copy these for you if you bring them with you.

### Step 1: Insurance Information

Please provide:

- Insurance Provider Name:

\_\_\_\_\_

- Insurance Member ID:

\_\_\_\_\_

- Insurance Group Number (if applicable):

\_\_\_\_\_

- Employer Name (if applicable):

\_\_\_\_\_

### Step 2: Program Eligibility

Check which program(s) you believe you might be eligible for:

- [ ] **Optum (Renew Active or One Pass)** - For UnitedHealthcare Medicare Advantage members
- [ ] **Silver&Fit** - For Medicare Advantage members with participating plans
- [ ] **Active&Fit** - Available through participating employers' health plans, Direct enrollment at [www.activeandfit.com](http://www.activeandfit.com), or some insurance providers.
- [ ] **SilverSneakers / Tivity** - For Medicare Advantage members with participating plans
- [ ] **Prime** - Available through participating employers and organizations

**Not sure?** That's okay! We can help you verify your eligibility when you visit. You can also:

- Check Active&Fit eligibility at [www.activeandfit.com](http://www.activeandfit.com)
- Check Prime eligibility through your employer's benefits portal
- Contact your insurance provider or employer's HR department

### Step 3: Required Personal Information

Please fill out:

- Full Name: \_\_\_\_\_

- Date of Birth: \_\_\_\_\_

- Email Address: \_\_\_\_\_

- Phone Number: \_\_\_\_\_

- Mailing Address: \_\_\_\_\_

### Step 4: Wellness ID/Member Code (if known)

If you already have a member code or wellness ID from your insurance fitness program, please provide it:

- Wellness ID/Member Code:

\_\_\_\_\_

**\*Note: If you don't have this number, here's how to find it:**

- **Optum (Renew Active/One Pass):** Your code starts with "A" or "S" followed by 9 digits. Visit: [www.partneroptumfitness.com](http://www.partneroptumfitness.com) to look up your code.
- **Silver&Fit:** Contact your insurance provider or visit [www.silverandfit.com](http://www.silverandfit.com)
- **Tivity / SilverSneakers:** Visit [www.silversneakers.com](http://www.silversneakers.com) or call 1-888-423-4632
- **Prime:** Check your employer's benefits portal or contact your HR department

### What to Bring to Catalyst Fitness:

1. This completed worksheet
2. Your government-issued photo ID
3. Your health insurance card
4. Your wellness ID/member code (if you have it)
5. Employer information (if applying through an employer-based program)

\*Note: Program eligibility is determined by your insurance provider or employer. This worksheet is meant to help gather information and does not guarantee program eligibility.\*