



Insurance Fitness Benefit Eligibility Form

Select insurance plans include a fitness benefit. FPFC is pleased to accept the following fitness benefit plans:

- Tivity Silver Sneakers
- Tivity Prime (Medicare eligible only)
- ASH Silver & Fit
- ASH Active & Fit Enterprise
- ASH Active & Fit Direct
- Optum Renew Active
- Grey & Golden+
- Peerfit by FitOn

If your plan includes one of the above listed fitness benefit programs, please fill out information below completely, including your Fitness ID number or Confirmation number. You can find out your number by contacting the Customer Service phone number on the back of your insurance card or logging into a website provided by them. We cannot activate your membership until your eligibility is confirmed. **Print clearly in blue or black ink.** All information provided is confidential and will not be shared outside of Fidalgo Pool & Fitness Center without permission.

Name on insurance card: _____

DOB: ____/____/____ **Effective Date:** ____/____/____

Insurance company name: _____

Select your fitness benefit plan below and write in your Fitness ID or Confirmation number. **Note: this is NOT your insurance member ID number.** If you do not know your number, call the customer service number on the back of your insurance card to get it.

<input type="checkbox"/> Silver Sneakers (waiver on back)	Fitness ID #: _____
<input type="checkbox"/> Prime (Medicare eligible only, waiver on back)	Fitness ID #: _____
<input type="checkbox"/> Silver & Fit	Fitness ID #: _____
<input type="checkbox"/> Active & Fit (Enterprise or Direct)	Fitness ID #: _____
<input type="checkbox"/> Optum Renew Active	Confirmation Code: A-_____
<input type="checkbox"/> Grey & Golden+	Member #: _____

Peerfit by FitOn members only: You must navigate to www.fitonhealth.com, then select “Members” and follow the steps to set up an account. When you are logged in, select “In-person.” You will see Fidalgo Pool & Fitness Center (FPFC) on the left-hand side of the page under Locations. Select FPFC and then select our Unlimited Membership using your monthly credits. Once done, FPFC will receive a confirmation email from FitOn that includes your FitOn member ID. You may not use the facility free of charge until this is done. If you have any questions, please contact Carla Bigelow at 360-293-0673, ext. 102

Waiver and Assumption of Risk for Tivity Silver Sneakers & Prime Programs

Please consult with your physician before beginning any exercise program. I acknowledge that I have voluntarily chosen to participate in one or more physical exercise or fitness activity or sport programs (the “Programs”). I acknowledge (i) the nature of the risks of the particular Programs in which I have chosen to participate, and (ii) the strenuous nature of those Programs. I understand, for example, the risks associated with physical injury, abnormal blood pressure, heart attack and even death; as well as the risks associated with the negligence of a Tivity Health Services, LLC participating location and any other organization or individual participating or involved in providing or promoting any classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health™ Program member (including without limitation the owners, officers, directors, employees, and representatives of any of the foregoing).

By signing this document, I expressly assume all risk for my health and well-being and expressly assume the other risks associated with participating in the Programs, including, but not limited to, the negligence of a Tivity Health participating location and any other organization or individual participating or involved in providing or promoting any classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health Program member (including without limitation the owners, officers, directors, employees, and representatives of the foregoing). I also hereby release, waive, discharge and covenant not to sue any class instructor, any Tivity Health participating location, any sponsoring organization, Tivity Health, Inc., or any of their subsidiaries or any other organization or individual providing or promoting classes, functions, Programs, testing, or other activities that I participated in as a Tivity Health Program member (including without limitation the owners, officers, directors, employees, and representatives of any of the foregoing) at any time hereafter, from any and all demands, liabilities, losses, or damages (including death, bodily injury or damage to property) caused or alleged to be caused in whole or in part by the negligence of any of the foregoing people or entities. In addition, I agree that Tivity Health may engage in – and I hereby expressly consent to – (i) the recording (in video and/or still photo format) of my participation in Tivity Health classes, workshops or other programs, and (ii) the publication or other use by Tivity Health of any such recordings in social media, broadcast media, print media, general advertising and similar purposes.

I have read and understand this waiver and express assumption of risk. I have also read, understand, and will adhere to all guidelines and policies in regard to this benefit. This waiver and release shall survive the term of any agreement with a Tivity Health participating location or individual.

In the event that my physician has recommended any limitations to my physical activity or I have experienced any of the following conditions, I hereby attest that I have informed my physician of the condition(s) and have obtained express consent from my physician to participate in the Programs.

- Chest pains while at rest and/or during exertion, previous heart attack or high blood pressure
- Any heart or circulatory conditions, such as vascular disease, stroke, chest pain, congestive heart failure, poor circulation to the legs, valvular heart disease, blood clots
- Frequent fast, irregular heartbeats OR very slow heartbeats
- Diabetes
- Previous hip or spinal fracture (as an adult)
- Lung disease or shortness of breath after mild exertion, at rest, or in bed
- Open cuts on my feet that do not seem to heal
- An unexplained weight loss of ten (10) pounds or more in the past six (6) months
- More than two falls in the past year (no matter what the reason)
- More than one year since I have engaged in regular physical activity

Print Member’s Name

Member’s Signature

Date

Emergency Contact Name

Contact Phone Number