

SpecialOffers@AnthemSM



**Fitness Reimbursement
Program - Log Card**

Name: _____

Address: _____

Phone: _____

Member's ID #: _____

All workouts must be in the same calendar year.

To meet exercise requirements within a calendar year, this log card must be started no later than October 1st of a given calendar year.

Return along with Fitness Reimbursement Form and receipts to:

Anthem Blue Cross and Blue Shield – Claims Department
PO Box 533 · North Haven, CT 06473-0533

FITNESS LOG CARD		Record daily exercises here. (Instructor confirmation initials go inside box.)					
		Day 1		Day 2		Day 3	
		Exercise	Initial	Exercise	Initial	Exercise	Initial
Record dates at the beginning of each week here.	/ /						
Week 1	/ /						
Week 2	/ /						
Week 3	/ /						
Week 4	/ /						
Week 5	/ /						
Week 6	/ /						
Week 7	/ /						
Week 8	/ /						
Week 9	/ /						
Week 10	/ /						
Week 11	/ /						
Week 12	/ /						
Week 13	/ /						

In New Hampshire, Anthem Blue Cross and Blue Shield is a trade name of Anthem Health Plans of New Hampshire, Inc., an independent licensee of the Blue Cross and Blue Shield Association.
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