



Wellness Center

## **Mayville State Wellness Center participates in the Blue Cross Blue Shield Health Club Credit Program**

Blue Cross Blue Shield of Minnesota and North Dakota will reimburse a BCBS member the amount he or she pays each month (up to \$20 per member or \$25 per family) for their Wellness Center membership if the member does the following:

1. Check to see if your policy has this benefit by calling the BCBS phone number on the back of your Blue Cross ID card. Ask if you are an eligible BCBS member and can participate in the Health Club Credit program.
2. If you qualify, stop by the Wellness Center desk with your BCBS ID card and fill out a member application, BCBS form, and bank account form. This will allow you to get your monthly reimbursement into your account.
3. Pay your annual single or family membership up front and you will be reimbursed each month as long as you use the Wellness Center the required 12 times each month.
4. Complete a Health Risk Assessment, as required by Blue Cross Blue Shield. The assessment is on-line at <http://ndwellnesscenter.com>. To receive your reimbursements, this assessment is required each January, or at the time you sign up for Wellness Center services.
5. Show your Wellness Center ID card when you come to work out. Put a check mark by your name on the BCBS sign in form at the front desk to make sure that your 12 workout times are recorded.

**If you have questions, stop by Wellness Center desk, call 788-5200, or e-mail [WellnessCenter@mayvillestate.edu](mailto:WellnessCenter@mayvillestate.edu).**