

Supporting Sustainable Evidence-Based Programming:

Engaging Health Insurance Programs in Reimbursement for Enhance® Fitness classes

Enhance® Fitness sites are now eligible to be nationally reimbursed by several Medicare Advantage/Medicare Supplemental Programs, including American Specialty Health's Silver & Fit, United Healthcare's Optum's Renew Active and Tivity Health's Silver Sneakers Program:

Silver & Fit

Silver & Fit Medicare Supplemental works with a wide variety of insurance plans dependent on your catchment area. Visit <https://eligibility.com/medicare/programs/silver-and-fit> and enter your zip code to learn what insurers they work with in your community. To qualify your facility for direct reimbursement, please reach out to American Specialty Health's Heidi Heino:

Heidi Heino, MS, CSCS

Associate Director, Fitness Recruitment

858.754.5023

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Optum's ReNew Active

Optum's Renew Active works with United Healthcare Medicare Plans specifically. To have your site qualified for direct reimbursement is a quick process via a DocuSign online application. To get started, reach out to Optum's Alex Mills directly:

Alex Mills

Manager of Fitness Partnerships

952-205-8379

MN101-E800

alexandra.mills@optum.com

Silver Sneakers

Tivity Health's Silver Sneakers Plan works with a wide variety of insurance carriers. They do restrict EnhanceFitness class participation to Silver Sneakers members only which may be challenging depending on your site's class scheduling flexibility. Visit

<https://www.silversneakers.com/partners/fitness-locations/> to learn more.