NIHCA
National Independent Health Club Association

Fitness Incentive Program Details

Updated 1/1/2026

Avera Health

(Available Nationwide)

Program Requirements:

AHP Commercial, Large & Small Group ACA, SD BAR Association, Small Group Transitional, Individual ACA (On & Off Exchange):

- Two adults 18+ per household, per month
- Both adults must be AHP members
- **8** visits = up to $20 reimbursement

Avera Employee Plan:

- Employee & Spouse **only**
- Both adults must be AHP members
- **8** visits = up to $20 reimbursement

Medicare Supp:

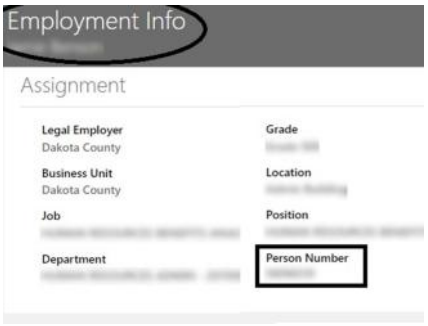
- AgilityPlus - Standard & AgilityPlus Select - Plans G **only**
- One adult 18+ per household, per month (policy holder only)
- **8** visits = up to $10 reimbursement

Dakota County

(Available Greater Minnesota area)

Program Requirements:

- Up to 2 people per household: Dakota County Employee & 2nd Participating Adult (18 yrs of age and older)
- The 2nd participating adult (18 yrs of age or older), will need to know the Dakota County's Person number; the Spouse will add an "S" and the Child will add a "C" to the end of that Person Number
- Must be enrolled in the County-sponsored healthcare plan
- **10** visits = up to $20 reimbursement



Fargo Public Schools

(Available in greater MN and the ND area)

Program Requirements:

- Up to 2 people per household
- Subscriber and subscriber's spouse; both must be covered under the District's health insurance program
- Employee's spouse adds an "S" at the end of the badge #
- **12** visits = up to $20 reimbursement

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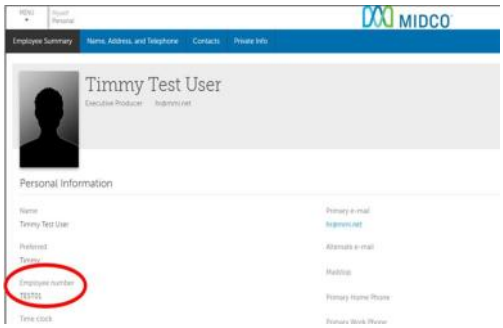
Midco

(Cable/TV Company in select cities Nationwide)

Program Requirements:

- Employee + Spouse
- Spouse adds an "S" at the end of the Employee ID #
- Employee ID is located on internal system; no physical card
- **8** visits = up to $20 reimbursement



Northern Plains Insurance Pool

*(**60** School Districts in South Dakota)*

Program Requirements:

- Employee and Spouse
- One (1) card per employee
- Employee and Spouse: Use ID listed on Wellmark Card under "Your Name"
  - ID starts with "Z3H" (12 characters)
- **8** visits = up to $20 reimbursement

Prime Health

(Available in Minnesota)

Program Requirements:

- 2 Eligible people per household
- Member and/or 2nd dependent adult 18+
- One (1) card per household
- **12** visits = up to $20 reimbursement

PrimeWest

(Available in Minnesota)

Program Requirements:

Senior Health Complete (MSHO), Prime Health Complete, Minnesota Senior Care Plus (MSC+), and Special Needs BasicCare (SNBC):

- One (1) card per member
- **0** visits = up to $30 reimbursement

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Sanford Health Employees

(Available Nationwide)

Program Requirements:

- Eligible Employee and Spouse
- Eligible Adult must be covered under Sanford's Employee health plan either through Sanford Health Plan or BCBS of MN
- Employee's spouse; enter a "S" after Employee ID
- **12** visits = up to $20 reimbursement

Sanford Health Plan

(Available Nationwide)

Program Requirements:

- Up to 2 people per household
- Subscriber: Enter an "E" in the Dep ID# field
- Suscriber Spouse: Enter "S" for Spouse in the Dep ID # field
- One (1) card per member
- **12** visits = up to $20 reimbursement

South Country Health Alliance

(Available in Minnesota)

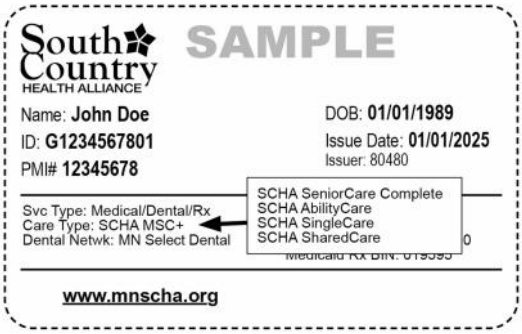
Program Requirements:

SeniorCare Complete (MSHO) & Ability Care (SNBC):

- Must have a paid membership
- No limit of participants per household*
- **0** minimum visits = up to $40 reimbursement

MSC+, SharedCare (SNBC), SingleCare (SNBC), MinnesotaCare, & Medical Assistance (MA):

- One (1) card per member
- No limit of participants per household*
- **4** visits = up to $20 reimbursement



**There is no limit per household, as long as each participant is eligible and enrolled during the respective month and has a paid gym membership.*

National Independent Health Club Association

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