



Flexible Health Options (FHO) Benefit – Facility List

HAP Senior Plus (HMO), HAP Senior Plus (HMO-POS) and HAP Senior Plus (PPO)

hap.org/fho

Eligibility Requirement for Memberships at a Gym, Health Club or Fitness Facility

For your safety and to meet Medicare guidelines, HAP requires each gym or other facility to provide you with an orientation session that includes instruction on the proper use of its equipment. This is a list of facilities known to meet this requirement.

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| A Y S O Holly   | Metro fitness                                 |
| American Fitness  | My Stronger Self Fitness                      |
| Anytime Fitness   | Neighborhood Club of Grosse Pointe            |
| Bally Total Fitness                                       | Next Level Health and Fitness                 |
| Beverly Hills Club  | Northwest Community Programs                  |
| Botsford Center for Health Improvement                    | Oakland Orthopedic Fitness and Rehabilitation |
| Charter Fitness of Sterling Heights                       | Older Persons Commission                      |
| Chelsea Wellness Center                                   | ONE Training                                  |
| Complete Fitness and Rehab                                | Planet Fitness                                |
| ConCorde Inn Hotel & Banquet Center Clinton Township      | Pointe Fitness and Training Center            |
| Contours Express  | Powerhouse Gym                                |
| Curves  | Prime Time Fitness                            |
| Dearborn Racquet & Health Club                            | Pump Fitness Gym                              |
| Detroit Athletic Club                                     | Racks City Fitness                            |
| Endeavor Fitness Health Club                              | Resolute Fitness                              |
| Fitness 1   | Retro-Fitness                                 |
| Fitness 19 Gyms   | Rochester Athletic Club                       |
| Fitness Lifelong  | Romulus Athletic Club                         |
| Fitness Together  | Royal Oak Gym                                 |
| Fitness Unlimited   | RPM Fitness                                   |
| Fitness USA   | Safe Step Aerobics                            |
| Fitness Works Athletic Club                               | Sattva Yoga Center                            |
| FitZone for Women   | Slender Lady of Waterford                     |
| Forum Fitness Center                                      | Snap Fitness                                  |
| Franklin Athletic Club                                    | Sola Fitness                                  |
| Functional Fitness  | Sports Clubs of Novi                          |
| Great Lakes Athletic Club                                 | Sports Clubs of West Bloomfield               |
| Hamburg Fitness Center                                    | Starting Line Health & Fitness                |
| Health & Fitness Center (at Washtenaw CC)                 | Steel City Gym                                |
| Hurley Health and Fitness Center                          | Summit on the Park                            |
| HYPE Recreation Center                                    | Taoist Tai Chi Soc of Michigan                |
| Jazzercise Fitness Center of Royal Oak                    | Tone “N Shape Fitness (in Livonia)            |
| JCC (The Jewish Community Center of Metropolitan Detroit) | Viking Fitness Center                         |
| LA Fitness  | Warren Racquetball & Fitness                  |
| Ladies Workout Express                                    | Women’s Only Workout                          |
| Lifetime Fitness  | Xtreme Fitness                                |
| Metro Family Fitness                                      | YMCA  |
|   | Your Time Fitness                             |

Not listed individually, but includes Hospital Health/Fitness Centers and City/Community Recreation Centers.

If your preferred facility is not listed, please write to us at HAP Medicare Solutions, Health Alliance Plan, 21700 Northwestern Hwy Ste 401, Southfield, MI 48075-9841. Give us the facility's name, address and phone number, so we may get confirmation that they provide orientation and instruction before you begin using the FHO benefit.

The Flexible Health Options benefit may be available in employer group and union purchased plans. Please refer to your plan's benefit summary or the Medical Benefits Chart in Chapter 4 of your member contract (known as the Evidence of Coverage), to see if the Flexible Health Options benefit is part of your plan.

This information is not a complete description of benefits. Contact HAP for more information. Limitations, copayments and restrictions may apply. Benefits may change on January 1 of each year. HAP, its affiliates, subsidiaries, agents and assigns make no representations or warranties regarding the quality, price or effectiveness of the services provided by these facilities.

HAP Senior Plus (HMO), HAP Senior Plus (HMO-POS) and HAP Senior Plus (PPO) are health plans with Medicare contracts. Enrollment in the plans depends on contract renewal. HAP Senior Plus (PPO) is a product of Alliance Health and Life Insurance Company, a wholly owned subsidiary of HAP.