

Become a Healthier You with Health Partners Medicare

Fitness Centers and Weight Watchers®



Play it Safe

Before starting any new fitness or weight loss program, always check with your doctor.

When you're overweight or just out of shape, it's hard to feel like the real you. Our exclusive fitness center and Weight Watchers® benefits help you stay trim and full of energy, no matter which of our Medicare plans you choose.

Fitness Centers

Health Partners Medicare is affiliated with a wide selection of fitness centers. This includes most YMCAs in the Philadelphia area as well as the state-of-the-art Salvation Army Kroc Center and the Raymond & Miriam Klein JCC. All centers offer free weights and machine weights, cardio equipment, fitness and exercise classes and many also have swimming facilities, playing fields and athletic courts.

Here's how the program works

- Present your Health Partners Medicare card at any participating fitness center.
- Sign an agreement form during your first visit that says you will follow the rules and regulations of the fitness center.
- Complete 12 visits within the first three months and Health Partners Medicare will cover your fitness membership for one year, starting from the date you signed up. In most cases, you will not be eligible for this benefit for one year if you do not complete these required visits on time. Please call us right away if something interferes with your ability to meet this requirement.
- You must stay with the fitness center you join for the full year of your membership. However, if you join one of the Freedom Valley YMCAs you can visit any of their locations.
- There is no payment required, except for classes or activities not included in your fitness center's membership fee.

Weight Watchers

Sometimes all we need in life is a little encouragement along the way. For over 50 years, Weight Watchers has helped men and women form healthy eating habits, lose weight and feel great. As a member of Health Partners Medicare, you can lose weight with Weight Watchers for only \$2 a meeting.

You must be at least 5 pounds overweight to join and be a member of our health plan when you start the program.

Getting Started

- Call Member Relations at 1-866-901-8000 (TTY 711). We will pay your membership fee to Weight Watchers and send you 10 coupons to attend weekly Weight Watchers meetings. You must continue to be a plan member to continue receiving coupons.
- Take coupon #1 to the Weight Watchers meeting location of your choice, show your Health Partners Medicare ID card and pay your \$2 copay.
- Every week after that, go to the same meeting, present the proper coupon and pay your copay. (You must also present your coupon and pay \$2 for any weeks you missed).
- To continue to qualify for the benefit, you must lose at least two pounds during each 10-week benefit period. As long as you do, we will continue to send you coupons for each new 10-week period.

In addition to meeting Health Partners Medicare program requirements, you must follow all Weight Watchers rules to continue your Weight Watchers membership. This benefit does not cover meetings attended online.


For questions or to sign up for our Weight Watchers Program, call Member Relations at 1-866-901-8000 (TTY 711).

To find a meeting location near you, you can call Weight Watchers toll-free at 1-800-456-6363, or go to the "Find a Meeting" link at www.wwphl.com.



Participating fitness centers in Philadelphia are listed below. Suburban locations as well as updated Philadelphia listings are available online at HPPMedicare.com.

For help, call us anytime, 24/7, at 1-866-901-8000 (TTY 711).

 indicates that swimming is offered at this location.

Aria Health Wellness Center Wakeling Building

5000 Frankford Ave.
Philadelphia, PA 19124
215-831-2155

10800 Knights Road
Philadelphia, PA 19114
215-612-4576

Body Challenge Fitness

1600 W. Hunting Park Ave.
Philadelphia, PA 19140
215-457-8418

Fortaleza Fitness Center

133 W. Hunting Park Ave.
Philadelphia, PA 19140
215-455-5370

Germantown Life Enrichment Center

5722 Greene Street
Philadelphia, PA 19144
215-844-3281

Holistic Integrated Wellness Partners

220 Geiger Road
Suite 208
Philadelphia, PA 19115
1-888-446-4241

Juniata Fitness

4401 G Street
Philadelphia, PA 19120
215-289-4200

Nirvana Family Fitness

5815 Torresdale Ave.
Philadelphia, PA 19135
215-831-9200

Norcom Community Center

10980 Norcom Road
Philadelphia, PA 19154
215-613-1070

Philadelphia Freedom Valley YMCA

Christian Street YMCA

1724 Christian Street
Philadelphia, PA 19146
215-735-5800

Columbia North YMCA

1400 N. Broad Street
Philadelphia, PA 19121
215-235-6440

Northeast YMCA

11088 Knights Road
Philadelphia, PA 19154
215-632-0100

Roxborough YMCA

7201 Ridge Ave.
Philadelphia, PA 19128
215-482-3900

West Philadelphia YMCA

5120 Chestnut Street
Philadelphia, PA 19139
215-476-2700

Raymond & Miriam Klein JCC

10100 Jamison Ave.
Philadelphia, Pa 19116
215-698-7300

The Salvation Army Kroc Center

4200 Wissahickon Ave.
Philadelphia, PA 19129
215-717-1200

Watt Fitness Studio

2712 N. 5th Street
Philadelphia, PA 19133
215-739-9027

West Philadelphia Senior Center (50+)

1016 N. 41st Street
Philadelphia, PA 19104
215-386-0379