



Third Party Fitness Programs

AJ Parks and Recreation Department

October 16th, 2017 Work Session



Third Party Fitness Programs

These are programs in-which the City receives reimbursement for visits to the MGC. Reimbursement is better or similar to current fees we charge (Annual membership is \$15/month)

- **SilverSneakers** - currently utilizing
- **Silver & Fit** – newly proposed
- **OptumHealth** – newly proposed



SilverSneakers

MGC program since January 2007

- Includes Health Insurance companies such as
 - AARP, Aetna, Caremore, Humana
- \$ 61,9474 last fiscal year
- 23,899 visits per year make up 26% of all MGC fitness visits
- 974 unique users, make up 29% of all MGC members

Silver & Fit

- Over 120 Participating Insurance Companies
 - Including BCBS of AZ, Cigna of AZ & HealthNet
- 6942 eligible participants in our area
- Rate of reimbursement is \$26 per month/per person



OptumHealth

- Primary Insurance Carrier: UnitedHealth Care
- 1,858 eligible participants in our area
- Rate of reimbursement is \$4 per visit/per person (up to 8 visits (\$32) per month)



Staff Recommendation

Community members can only utilize the fitness programs that their health insurance company subscribes to. To provide more citizens with the opportunity to take advantage of their healthy benefits we recommend:

- Enter into agreement with OptumHealth
- Enter into agreement with Silver & Fit



Questions?