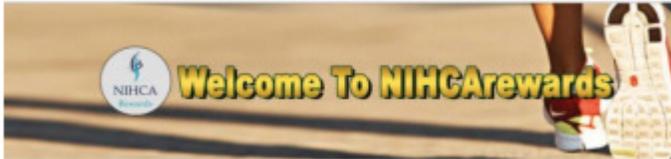




RAC's Guide to Enroll for Insurance Company's Fitness Incentive Program

Please complete all of the following steps:

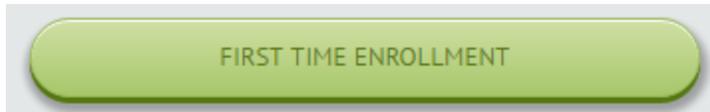
1. Go to NIHCArewards.org (Do not put in http:// or www.)



2. Look for the "MEMBERS Options" column.

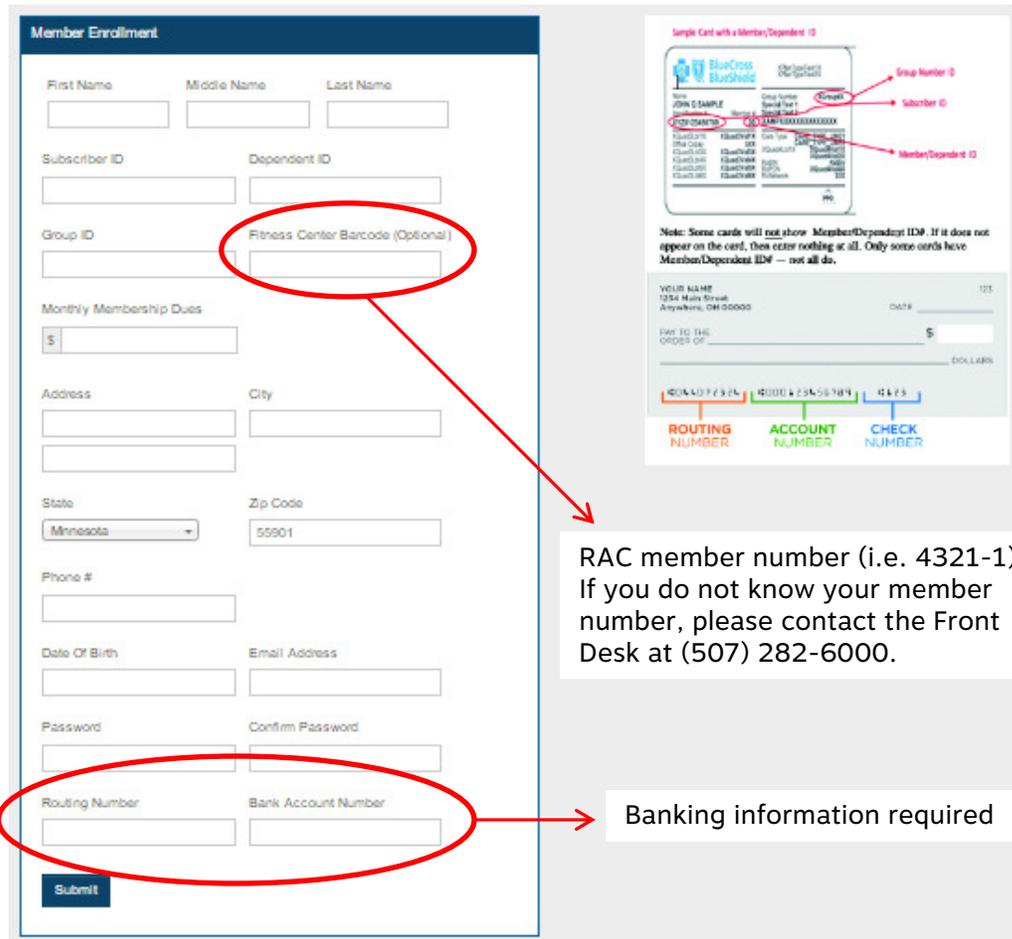


3. Click on "First Time Enrollment".



4. Select your insurance company.
5. Enter the Zip Code (55901) and select find clubs.
6. Select "Rochester Athletic Club - Rochester" by clicking "Enroll Online" to the far right.
7. This will prompt you to read, understand and consent to the terms stated in order to complete the enrollment process.
8. You will need to fill in the blanks for "Member Enrollment" and submit. Please enter your RAC member number (i.e. 4321-1) in the barcode "optional" field.

9. All fields are required including your banking information.



Member Enrollment

First Name Middle Name Last Name

Subscriber ID Dependent ID

Group ID Fitness Center Barcode (Optional)

Monthly Membership Dues

Address City

State Zip Code

Phone #

Date Of Birth Email Address

Password Confirm Password

Routing Number Bank Account Number

Submit

Sample Card with a Member/Dependent ID

BlueCross BlueShield

Group Number ID

Subscriber ID

Member/Dependent ID

Note: Some cards will not show Member/Dependent ID. If it does not appear on the card, then enter nothing at all. Only some cards have Member/Dependent ID — not all do.

YOUR NAME
1234 Main Street
Anywhere, MN 55000 DATE

PAY TO THE ORDER OF \$

ROUTING NUMBER ACCOUNT NUMBER CHECK NUMBER

RAC member number (i.e. 4321-1)
If you do not know your member number, please contact the Front Desk at (507) 282-6000.

Banking information required

10. You will receive a “thank you” e-mail after your information has been verified.

11. If you do NOT input your information (i.e. subscriber ID, Group ID, Dependent ID, banking information, etc.) and you have not completed your program requirements (i.e. workouts/check-ins, Health Assessment, etc.) you will NOT receive your reimbursement.

Please be sure to update and edit your profile with any changes that would affect your insurance reimbursements. More features will be coming in the future for members as a part of this change. Continue to check NIHCarewards.org for more features.

If you have any further questions please contact:

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