



2025 Prescription for Fitness

Are you enrolled in BayCare's medical insurance? If so, you and your spouse/domestic partner are eligible to participate in Prescription for Fitness.**

This benefit allows you to utilize a licensed athletic/personal trainer at Aurora BayCare Fitness Center to meet your health and fitness goals! Like the other coverage in our plan**, the plan pays 90% and you pay 10%, with a maximum of \$1,000 annually to be used.

*****Those enrolled in the HDHP, you are eligible for the Prescription for Fitness benefit once you have satisfied your annual deductible!***

1. Obtain a prescription from a physician, which is good for one year. This prescription can be written out for multiple conditions such as depression, diabetes, hypertension, obesity, stress, musculoskeletal pain, etc.
2. Schedule a 1-hour consultation with your certified personal trainer. During this confidential, one-on-one personalized time, you will talk about your goals related to fitness and wellness.
3. Schedule your sessions for 30 or 60 minutes. You choose how often/little you meet with your trainer!

2025 Pricing:

Amount of Time	Your Price (after insurance)
30 Minutes – Individual (24 visits)	\$4.50
60 Minutes – Individual (12 visits)	\$9.00
30 Minutes – Buddy (31 visits)	\$3.50
60 Minutes – Buddy (15 visits)	\$7.00

Please note: you have \$1,000 benefit to use per calendar year. It is your responsibility to track how many visits you have. Once the benefit has been used, services will be denied, and you will be responsible for the full amount.

Benefits of Personal Training:

- ✓ Lower cholesterol and resting heart rate
- ✓ More weight loss and reduced risk of chronic disease
 - ✓ Better muscle and core strength
 - ✓ Reduced stress levels
 - ✓ Improved body composition
- ✓ Wellness coaching and accountability

Call the Aurora BayCare Fitness Center to get started: 920-288-5491.

Any questions, please contact Brittany Gehrke, HR Generalist & Wellness Coordinator:
brittany.gehrke@baycareclinic.com or 920-301-1318.