

# CORNELL WELLNESS

## Aetna Cornell Program for Healthy Living (CPHL) Optional\* Fitness Benefit

### RECREATION MEMBERSHIP Fact Sheet for CPHL INSURANCE CARRIERS

- The employee may sign up for the [Cornell Program for Healthy Living/Aetna \(CPHL\) Recreation Membership](#) at any time. Employees will need to submit a copy of their Aetna CPHL ID card as proof of enrollment in CPHL.
- If the employee is covering their spouse/partner as a family member under CPHL AND the spouse/partner is a benefits eligible Cornell employee, the spouse/partner will also be eligible for the discount. The spouse/partner will be required to submit a copy of their Aetna CPHL ID card which will list them as a dependent.
- Spouses/partners who are not Cornell employees may purchase a [Recreation Membership](#), however they must pay the regular fee of \$175.00 per fiscal year.
- The CPHL Recreation Membership Application can be found online at <https://recreation.athletics.cornell.edu/wellness/membership>.
- Existing Recreation Membership holders who switch their insurance to Aetna CPHL and wish to switch their membership to a free CPHL Recreation Membership must contact Cornell Wellness at (607) 255-5133 or email [wellness@cornell.edu](mailto:wellness@cornell.edu) to notify Cornell Wellness of the switch, and must submit a copy of their Aetna CPHL ID card. Membership dues paid prior to switching will not be reimbursed.
- Your CPHL Recreation Membership will automatically be renewed every year unless you switch your insurance to something other than Aetna CPHL.

\*Employees who have the Aetna Cornell Program For Healthy Living Health Insurance Benefit have the option to receive \$15 off per month at one of these three local fitness facilities: [Cornell Wellness](#) (must join on line at [wellness.cornell.edu](http://wellness.cornell.edu); CPHL Recreation Membership is free), [Island Fitness](#) (\$15 off/month) or the [Ithaca YMCA](#) (\$15 off per month). Employees who choose to use their fitness benefit at Island Fitness or the Ithaca YMCA should check directly with those fitness facilities regarding membership and fees.