



Support for your healthy lifestyle choices

It's up to you to take charge of your health – but we can help! Want to lose weight? Get in shape? The motivation is there, but how do you work it into the budget? That's where we come in.

Having trouble sticking to a fitness routine?

Why not join a fitness club or take fitness or wellness classes. Already a gym member or taking classes? Here are some incentives to keep up the good work!

When you or a covered member of your family purchases a membership to any qualified health club or takes qualified aerobic or wellness classes, Health New England will reimburse you up to \$200 per individual plan and \$400 per family plan per calendar year.

Maybe you'd rather focus on eating well and maintaining a healthy weight.

Check out our Health New England Weight Watchers® Reimbursement Program. When you or a covered member of your family registers and participates in weekly Weight Watchers® Traditional meetings, Weight Watchers At Work® meetings, or Weight Watchers Online®, Health New England will reimburse you up to \$200 per individual plan and \$400 per family plan per calendar year.

Making healthy lifestyle choices doesn't have to be hard – especially when you have Health New England to help you!

Maximum reimbursement is \$200 per individual plan and \$400 per family plan per calendar year for combined Fitness and Health New England Weight Watchers® activities.

Do you have a child in a school or town sports program? You may apply this reimbursement to those activities as well. This reimbursement may be applied to:

- Qualifying fitness club memberships
- Weight Watchers®
- School and town sports
- Aerobic/wellness classes
- Personal trainer fees
- Athletic event registration fees
- Golf
- Ski tickets
- Fitness equipment and devices (i.e., treadmill, workout videos)
- Nutrition classes
- Mindfulness classes
- Community supported agriculture (CSA) or farm shares - (Farms offering CSA shares of vegetables, fruits and other agricultural products can be found across the state.)

**Not all employer groups offer reimbursement for all items and activities listed. Not all employer groups offer this reimbursement amount. Reimbursement amount is valid beginning Jan. 1, 2019. Please check your membership materials for details, or contact Member Services if you need more information.*

See reverse for instructions on filling out your reimbursement online.

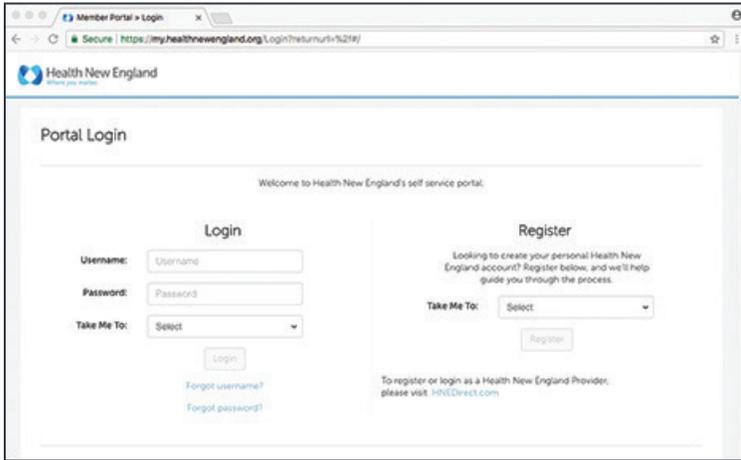
Health New England Wellness Reimbursement Program

Submit your reimbursement request online

Submitting your Wellness Reimbursement request is simple to do, and it can all be done online.

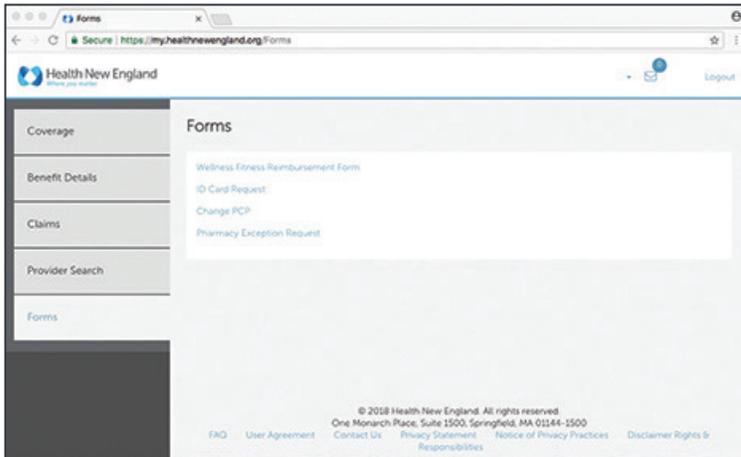
1. Log into our secure Member Portal at my.healthnewengland.org.

If it's your first time to the Member Portal, you will need to register first.



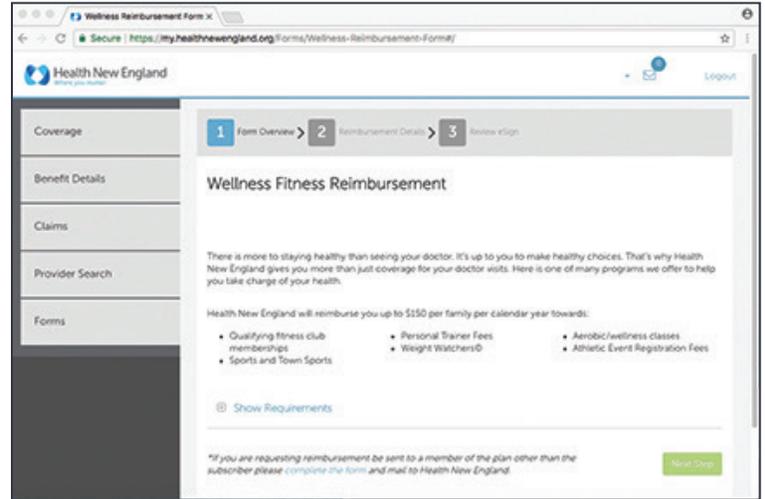
The screenshot shows the 'Portal Login' page. It features a 'Login' section with fields for 'Username', 'Password', and a 'Take Me To' dropdown menu. Below these are links for 'Forgot username?' and 'Forgot password?'. To the right is a 'Register' section with a 'Take Me To' dropdown and a 'Register' button. A note at the bottom states: 'To register or login as a Health New England Provider, please visit: [HRDirect.com](https://my.healthnewengland.org/HRDirect.com)'.

2. Select "Forms" from menu at the left of the screen, and click on "Wellness Fitness Reimbursement Form."

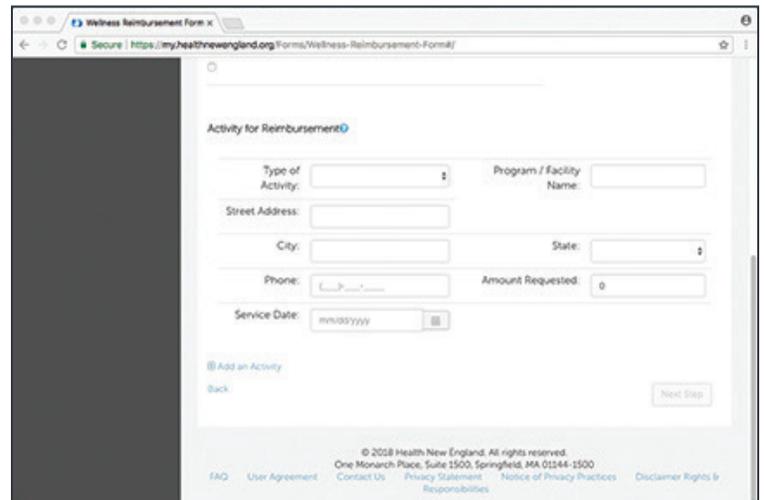


The screenshot shows the 'Forms' menu on the left side of the Member Portal. The 'Forms' menu item is selected, and the main content area displays a list of forms: 'Wellness Fitness Reimbursement Form', 'Card Request', 'Change PCP', and 'Pharmacy Exception Request'. The 'Wellness Fitness Reimbursement Form' is highlighted. At the bottom, there is a copyright notice: '© 2018 Health New England. All rights reserved. One Monarch Place, Suite 1500, Springfield, MA 01144-1500' and links for 'FAQ', 'User Agreement', 'Contact Us', 'Privacy Statement', 'Notice of Privacy Practices', and 'Disclaimer Rights & Responsibilities'.

3. Then click "Next Step" and fill out the online form to complete your request. There is nothing to mail in.



The screenshot shows the 'Wellness Fitness Reimbursement' form overview page. It includes a progress indicator with three steps: '1 Form Overview', '2 Reimbursement Details', and '3 Review & Sign'. The main content area lists the reimbursement amount: 'Health New England will reimburse you up to \$150 per family per calendar year towards:' followed by a list of eligible activities: 'Qualifying fitness club memberships', 'Sports and Town Sports', 'Personal Trainer Fees', 'Weight Watchers®', 'Aerobic/wellness classes', and 'Athletic Event Registration Fees'. A 'Show Requirements' link is provided. At the bottom, there is a note: 'If you are requesting reimbursement be sent to a member of the plan other than the subscriber please complete the form and mail to Health New England.' and a green 'Next Step' button.



The screenshot shows the 'Activity for Reimbursement' form. It contains several input fields: 'Type of Activity' (dropdown), 'Program / Facility Name' (text), 'Street Address' (text), 'City' (text), 'State' (dropdown), 'Phone' (text), 'Amount Requested' (text), and 'Service Date' (calendar). There is an 'Add an Activity' button and a 'Back' button. At the bottom, there is a copyright notice: '© 2018 Health New England. All rights reserved. One Monarch Place, Suite 1500, Springfield, MA 01144-1500' and links for 'FAQ', 'User Agreement', 'Contact Us', 'Privacy Statement', 'Notice of Privacy Practices', and 'Disclaimer Rights & Responsibilities'.

If you prefer, you can download the reimbursement form to print, complete and mail in. The form can be found on the [Wellness Fitness Reimbursement Form page on the Member Portal](#), or you can call Member Services at (800) 310-2835 to request a form.

Health New England complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATTENTION: If you speak any language other than English, language assistance services, free of charge, are available to you. Call (413) 787-4004 or TTY 711. Health New England cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (413) 787-4004 o TTY 711. Health New England cumpre as leis de direitos civis federais aplicáveis e não exerce discriminação com base na raça, cor, nacionalidade, idade, deficiência ou sexo. ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para (413) 787-4004 ou TTY 711.