

Get up to \$550 in reimbursements per year.



Everyone loves extras — especially when they can help you save money and feel your best. That's why Fallon Health is providing **two wellness reimbursement opportunities** through Harvard Pilgrim Health Care, per calendar year.

Weight Management

When it comes to reaching your weight loss goals, it helps to have support — and an additional incentive, too! Get up to \$150 reimbursement for fees paid for qualifying weight management programs, which include:

- WW (Weight Watchers)[®] digital and workshop programs
- Hospital-based weight loss programs

Any combination of subscriber, spouse or dependent is eligible for reimbursement.

Did you know?

Even a modest weight loss of 5%-10% of your total body weight can help improve blood pressure, cholesterol and blood sugars.¹

¹ www.cdc.gov/healthyweight/losing_weight/index.html

² There is a \$150 maximum reimbursement in a calendar year per individual or family contract. Fitness reimbursement may be considered taxable income. For tax information, consult your employer or tax advisor.

Fitness

Ready to jump on a new fitness regimen? It's easy with our fitness reimbursement offer:

- Maximum reimbursement is up to \$200 for individual plan or up to \$400 for a family plan.
- Any combination of subscriber, spouse or dependent is eligible for reimbursement.

Qualifying facilities and memberships include:

- Health clubs that provide cardiovascular and strength-training equipment
- Fitness studios and facilities that offer yoga, Pilates[®], Zumba[®], aerobic/group classes, indoor cycling/spinning classes, kickboxing, CrossFit[®], strength training, tennis, indoor rock climbing or personal training (taught by a certified instructor)
- Virtual fitness class subscriptions (validation subject to approval by Harvard Pilgrim)

How to get reimbursed ▶

Getting reimbursed is easy



Just go to www.harvardpilgrim.org/fallonhealth and follow the instructions below:

Fitness reimbursement



Online

For faster reimbursement, log in to your Harvard Pilgrim account and complete the online form.



Mail

Download and complete the Fitness Reimbursement Form. Mail to the address on the form, along with a copy of your fitness contract or receipt.

Weight management reimbursement



Mail

Download and complete the Weight Management Reimbursement Form. Mail to the address listed on the form, along with copies of receipts that clearly show your name and the weight management program name.



Questions

Call Member Services at **(888) 333-4742**.

