



# Wellness Reimbursement

Get reimbursed for fees you pay toward wellness activities — up to \$150!

Maximum reimbursement is \$150 per individual or family plan, any combination of covered family members — subscriber, spouse or dependent — is eligible for reimbursement.

## What qualifies for reimbursement?

- Membership fees to gyms or fitness facilities
- Virtual fitness class subscriptions
- Studios or facilities that offer membership or tuition
- Select nutrition programs
- Select mindfulness meditation programs
- Cardiovascular and strength training equipment
- Seasonal town, club or school athletic fees

## Studios and facilities that qualify for reimbursement include:

- Dance
- Gymnastics
- Swimming
- Martial arts
- Yoga
- Pilates
- Zumba
- Aerobic/group classes
- Spinning classes
- Kickboxing
- CrossFit
- Strength training
- Tennis
- Indoor rock climbing
- Personal training (taught by a certified instructor)

## Qualified nutrition programs include:

- PlateJoy
- MyPlate Calorie Counter
- Wondr
- Noom
- Eat Right Now
- Weight Watchers
- Savory Living
- My Fitness Pal
- Lose It!
- EatLove
- Stronger U
- The Dinner Daily

## Qualified mindfulness programs include:

- Calm
- Happier
- Headspace
- The Mindfulness App
- Meditation Studio
- Insight Timer



We'll reimburse you and your covered family members up to \$150 for fees you pay toward a wide range of wellness activities.

### **How do I get reimbursed?**

It's simple. Pay up to four months of your membership, subscription fees, or after purchase of qualified cardiovascular or strength training equipment.

After four months of Harvard Pilgrim membership, you can complete the Reimbursement Form online or by mail.

Go to [harvardpilgrim.org/reimbursement](https://harvardpilgrim.org/reimbursement)

Either click on the link to submit your request online or complete the paper form and mail to the address on the form, along with a copy of your receipts.

### **What does not qualify for reimbursement?**

- Health club initiation fees
- Fees for country clubs, social clubs and spas
- Nutrition and mindfulness programs not selected by Harvard Pilgrim
- Road race fees, sneakers, athletic wear and non-cardiovascular and non-strength training equipment
- Fitness apparel and footwear

### **When can I submit my request?**

You can request reimbursement:

- Starting May 1 of the current calendar year, and after you've been enrolled in a Harvard Pilgrim plan for four continuous months.
- After four months of membership or subscription
- Once per calendar year, submitted by March 31 of the following year

### **How long will it take to be reimbursed?**

Once you submit your request, reimbursement takes up to eight weeks. We'll send a check to the subscriber's address of record, made payable to the subscriber.

➤ For complete guidelines, go to [harvardpilgrim.org/bilivingwell](https://harvardpilgrim.org/bilivingwell)  
or call your Member Advocate team at **866-623-0194**