We want you to be healthy—that’s why we offer flexible wellness benefits. So, listen to this! As a SelectHealth Advantage (HMO, HMO-SNP) member, we’ll reimburse you up to $240 per year for wellness benefits. What’s a wellness benefit? It’s things like gym memberships, approved weight loss programs, nutritional services, and health education classes.

You’re free to manage your health—your way. Go to any gym or fitness center that is convenient for you. Choose from a wide range of health education classes or approved weight loss programs. What’s important is that you feel healthy. And a little motivation never hurt anyone, right?
THE DETAILS

GYM MEMBERSHIPS

> Get reimbursed for membership fees—including orientation fees
> You choose the gym, fitness center, or health club
> Get reimbursed for classes not included in your membership fee, such as yoga or senior fitness classes
> Sorry, but fitness equipment purchased for personal use is not eligible

NUTRITIONAL SERVICES

> Get reimbursed for the cost of dietician and nutritional counseling services not already covered by your plan
> Access individual or group sessions depending on your needs
> Sessions must be led by qualified and licensed health professionals

HEALTH EDUCATION CLASSES

> Get reimbursed for a wide variety of courses that are provided by a certified health educator or qualified licensed health professional such as Arthritis Aquatics, Fibromyalgia Aquatics, and Type 2 Diabetes classes
> Choose a health education class that meets your needs and goals
> Formal programs must be led by a qualified and licensed instructor
> Alternative or holistic education services are not included

WEIGHT LOSS PROGRAMS

> Get reimbursed for fees to formal weight loss programs
> Access popular programs, such as The Weigh to Health® from Intermountain Healthcare®, Weight Watchers®, and Jenny Craig®
> The purchase of meals or supplements is not included

How to Get Reimbursed

USING THE WELLNESS REIMBURSEMENT BENEFIT IS AS EASY AS 1-2-3

1. Find a wellness activity to help you live a healthier life.
2. After paying for the activity, fill out the Wellness Reimbursement Form online or fax or mail in a paper copy.
3. Submit the reimbursement form along with proof of payment to SelectHealth.

SUBMIT ONLINE FOR FASTER REIMBURSEMENT:

> Visit selecthealth.org/medicare, click “Wellness Resources,” then “Wellness Reimbursement.”
> Fill out the web form, then scan and upload your receipt or proof of payment.
> Click “Online Wellness Reimbursement Form.”
SELECTHEALTH ADVANTAGE® (HMO, HMO-SNP) WELLNESS REIMBURSEMENT REQUEST

SelectHealth Advantage members are reimbursed up to $240 per year for wellness benefits, such as gym memberships, approved weight loss programs, nutritional services, and health education classes.

PLEASE COMPLETE THIS FORM AND MAIL OR FAX IT ALONG WITH PROOF OF PAYMENT TO THE ADDRESS LISTED BELOW.

Name ____________________________ Date of Birth _____ / _____ / ______

Member ID# (found on your SelectHealth Advantage ID card)__________________________

Does this request include expenses incurred by a spouse who is also a SelectHealth Advantage plan member?  □ Yes  □ No      If so, please provide your spouse’s name and ID#.

Spouse’s Name______________________ Spouse’s Member ID#__________________________

What kind of wellness activity is your reimbursement for?

□ Gym or Fitness Center  □ Nutritional Services  □ Weight Loss Program  □ Health Education

Name of the program, gym, or instructor__________________________

Street address _____________________________________________________________

City________________________ State_________ ZIP_________ Ph# (___) _____________

On what date did you pay for the wellness activity? _____ / _____ / ______

What is the reimbursement amount requested for the wellness activity?

My reimbursement amount (up to $240 per year) $________________________

My spouse’s reimbursement amount (up to $240 per year) $____________________

Total reimbursement amount requested $________________________

P.O. Box 30196
Salt Lake City, UT 84130-0196
Fax: 801-442-0014
selecthealth.org/medicare

PLEASE ALLOW TWO TO THREE WEEKS FOR REIMBURSEMENT REQUESTS TO BE PROCESSED.

Forms submitted without the necessary information and proof of payment may result in a delay in your reimbursement or may be returned for additional information.
So, what do you think?

Let us know how you plan to use your reimbursement and how this benefit has motivated you to improve your health.

Send us an email with “My Wellness Reimbursement Story” in the subject line to memberscomefirst@selecthealth.org.

Contact Us

Questions about benefits or wellness reimbursement? Call Member Services toll-free at 855-442-9900 during the following dates and times:

**October 1 to March 31:**
Weekdays 7:00 a.m. to 8:00 p.m.,
Saturday and Sunday 8:00 a.m. to 8:00 p.m.

**April 1 to September 30:**
Weekdays 7:00 a.m. to 8:00 p.m.,
Saturday 9:00 a.m. to 2:00 p.m., closed Sunday.

Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711.

You are eligible for reimbursement based on the date you actually pay the expense. For example, if you pay for a gym membership in December 2019, this is eligible for reimbursement under your 2019 benefit (see Chapter 4 of your Evidence of Coverage for additional details).

SelectHealth is an HMO, HMO-SNP plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal.

SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.


注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-442-9900 (TTY: 711)