



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:

- Aerobic/wellness classes
- Athletic event registration fees
- Bike shares
- Community supported agriculture (CSA) or farm shares
- Fitness equipment and devices (i.e., treadmill, workout videos, fitbit)
- Golf and ski tickets
- Mindfulness classes and apps
- Nutrition classes and apps
- Personal trainer fees
- Qualifying fitness club memberships
- School and town sports
- Weight Watchers®
- Wellness and fitness apps

* Exclusions may apply. Not all employer groups offer this reimbursement amount. Please check your membership materials for details, or contact Member Services at (800) 310-2835 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 Health New England Member Portal login and registration interface. On the left, there is a 'Login' section with fields for 'Username', 'Password', and a 'Take Me To' dropdown menu. Below these fields are 'Login' and 'Forgot username?'/'Forgot password?' links. On the right, there is a 'Register' section with a 'Take Me To' dropdown menu and a 'Register' button. A note at the bottom of the registration section says 'To register or login as a Health New England Provider, please visit HNEDirect.com'.

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

The screenshot shows the 'Forms' menu in the Health New England Member Portal. The menu items are: 'Wellness Reimbursement Form', 'ID Card Request', 'Change PCP', and 'Pharmacy Exception Request'. The 'Wellness Reimbursement Form' option is highlighted with a green box.

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 Reimbursement' form overview page. The page has a navigation bar with three steps: '1 Form Overview', '2 Reimbursement Details', and '3 Review eSign'. The 'Next Step' button is highlighted with a green box. The main content area includes a 'Wellness Reimbursement' heading, a brief explanation of the program, and a list of activities that qualify for reimbursement. The list includes: Aerobic/wellness classes, Athletic event registration fees, Bike shares, Community supported agriculture (CSA) or farm shares, Fitness equipment and devices (i.e., treadmill, workout videos, fitbit), Golf and ski tickets, Mindfulness classes and apps, Nutrition classes and apps, Personal trainer fees, Qualifying fitness club memberships, School and town sports, Weight Watchers®, and Wellness and fitness apps.

The screenshot shows the 'Activity for Reimbursement' form. The form includes fields for 'Type of Activity', 'Program / Facility Name', 'Street Address', 'City', 'State', 'Phone', 'Service Date', and 'Amount Requested'. There are 'Add an Activity', 'Back', and 'Next Step' buttons. The footer contains copyright information and links to '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 Reimbursement Form page on the Member Portal](#), or you can call Member Services at (800) 310-2835 to request a form.

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