



Harvard Pilgrim  
Health Care

a Point32Health company



CAPE COD  
HEALTHCARE



## Wellness and Weight Management Reimbursement

Cape Cod Healthcare has elected to provide you with up to a \$150 wellness reimbursement and up to a \$150 weight management reimbursement (up to \$300 total) per family per calendar year. See below for qualifications and restrictions.

### What Qualifies for Wellness Reimbursement?

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

### Exclusive for CCHC:

Cape Cod National Seashore Annual Pass. To submit for online reimbursement, choose the option "Select your seasonal sport" and choose "Athletic team fees" as the Type of activity, then enter the required information.

### Studios and Facilities That Qualify for Reimbursement Include:

- Dance
- Yoga
- Spinning classes
- Tennis
- Gymnastics
- Pilates
- Kickboxing
- Indoor rock climbing
- Swimming
- Zumba
- CrossFit
- Personal training
- Martial arts
- Aerobic/group classes
- Strength 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
- Ten Percent Happier
- Headspace
- The Mindfulness App
- Meditation Studio
- Insight Timer

For the wellness reimbursement, up to two covered members on the plan can be reimbursed for a combined total of \$150 per calendar year. Any combination of subscriber, spouse or dependent is eligible for reimbursement.

## What Qualifies for Weight Management Reimbursement?

To qualify for weight management reimbursement, you must be a Harvard Pilgrim member while participating in the weight management program. Qualifying weight management programs include:

- WW (Weight Watchers)<sup>®</sup> digital and workshop programs
- Hospital-based weight loss programs

Please note that fees for individual counseling sessions, food, books, videos, scales or other items not included as part of the fee for the course or class do not qualify for reimbursement.

## How Do I Get Reimbursed?

After four months of Harvard Pilgrim membership, you can complete the Wellness and/or Weight Management Reimbursement Form online (recommended) or by mail. Go to [harvardpilgrim.org/cchc](https://harvardpilgrim.org/cchc).

## 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
- Fees for individual counseling sessions
- Food, books, videos, scales or other items not included as part of the fee for the course or class

## When Can I Submit My Request?

You can request reimbursement:

- For wellness reimbursement, starting May 1 of the current calendar year, and after you've been enrolled in a Harvard Pilgrim health plan for four continuous months. After four months of membership or subscription.
- For the weight management program, starting with January 1 of the current calendar year after you are a member of an approved weight management program.
- 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.

➤ Learn more at [harvardpilgrim.org/cchc](https://harvardpilgrim.org/cchc) or call member services at **844-516-5791**