

*Be good to your well-being
and your wallet:*

1 Save up to \$150 on a
Weight Loss program

AND

2 Save up to \$150 on the
Fitness Reimbursement
program

Save up to \$300 on two great HEALTHY YOU opportunities!

1 Get up to \$150 reimbursement for a qualified Weight Loss program!

Whether you're trying to lose weight or maintain a healthy weight, HEALTHY YOU and Harvard Pilgrim want to help you reach your goals.

We'll reimburse Harvard Pilgrim subscribers and their covered dependents up to \$150 in total (per individual or family contract) for fees paid for qualified weight loss programs. Approved programs include Weight Watchers® traditional or Weight Watchers at-work programs, and hospital-based weight loss programs. Be sure to check with your physician before starting any weight loss program.

Qualifying and submitting for reimbursement

Subscriber must be active with coverage that includes the Weight Loss program (i.e., a current member of Harvard Pilgrim, at the time of Harvard Pilgrim's receipt of a complete reimbursement form). Current Harvard Pilgrim membership must be equal to or greater than four consecutive months in length with your participating employer.

Once the above qualification criteria are met, reimbursement forms may be submitted beginning November 1, 2013, and May 1 of subsequent years.



Three simple steps to receive up to \$150 reimbursement

- 1 Enroll in an approved, qualified weight loss program (as noted above) and pay your membership fee
- 2 Complete our Weight Loss Reimbursement Form, available at www.harvardpilgrim.org/bostoncollege
- 3 Mail the completed form and any supporting documentation, including receipts, to:

Harvard Pilgrim Health Care
P. O. Box 9185
Quincy, MA 02269

Receipts must show the Harvard Pilgrim member's name and the name of the weight loss program.

Learn More

Additional reimbursement details are available on the Weight Loss Reimbursement Form. If you have questions, please call Harvard Pilgrim's Member Services department at **(888) 333-4742**.

2 Get up to \$150 in Fitness Reimbursement!*

Harvard Pilgrim subscribers and their covered dependents who belong to a qualified health and fitness club for four months in a calendar year can receive up to \$150 in total reimbursement (per individual or family contract). You'll be eligible four months after your plan anniversary date.

Your club qualifies as long as it is a full-service club. A full-service club is one that is open to the general public and contains multiple pieces of exercise equipment designed for cardiac and strength training. For example, most "traditional" health and fitness clubs, YMCAs and JCCs qualify. Facilities and/or programs that don't qualify for reimbursement include country or social clubs, spas, gymnastics centers, martial arts studios, tennis facilities, aerobic-only centers, pool-only clubs and sports teams or leagues. Individual and group classes are not eligible for reimbursement.



Two options for submitting your fitness reimbursement:

- **Online reimbursement** – You will need an *HPHConnect* account to complete your online fitness reimbursement form. Visit www.harvardpilgrim.org/fitnessreimbursement and click on the appropriate HPHConnect link. Once you're logged into your *HPHConnect* account, fill out the appropriate form. As long as all requirements are met, your reimbursement should arrive in the mail in about two to four weeks.
- **Paper reimbursement** – If you don't have Internet access or would rather not submit your reimbursement electronically, you can use our paper form. You can access a form at www.harvardpilgrim.org/fitnessreimbursement or call Member Services at (888) 333-4742 and a representative will send you a form. Please allow eight weeks for processing.

* \$150 maximum reimbursement per Harvard Pilgrim policy in a calendar year (individual or family contract). Must be currently enrolled in Harvard Pilgrim at time of reimbursement. Visit www.harvardpilgrim.org/fitnessreimbursement or call us for details.