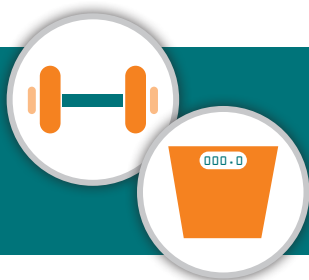


## GET FIT. GET ACTIVE. GET HEALTHY.

MinuteMembers who enroll in an employer-sponsored plan have access to additional support to reach fitness and weight loss goals.



## MINUTEMEMBER FITNESS AND WEIGHT LOSS BENEFIT

MinuteMembers can be reimbursed up to \$150 (*per family, per calendar year*) for a wide array of fitness and weight loss programs and activities:

- Qualifying fitness club membership fees
- Yoga, Pilates, spinning, aerobic and strength training classes fees
- Tai chi, kickboxing and martial arts classes
- Personal trainer fees
- School and town sports leagues fees
- Registration fees for events such as 5K's, half marathons, triathlons and cycling events
- Weight Watchers® membership fees for one of the following programs:
  - Traditional Weight Watchers®
  - Weight Watchers® at Work
  - Weight Watchers® Online
- In-Plan Hospital-Based Weight Loss Programs fees

### To submit a reimbursement form:

1. Visit **[MinutemanHealth.org](http://MinutemanHealth.org)**
2. Go to **I'm A Member**
3. Scroll down to **Member Resources**
4. Select **Wellness Reimbursement form** in the **Claim** drop-down menu.
5. Simply download, complete and include any required documents then mail to\*:

Minuteman Health, Claims Department  
One Monarch Place, Suite 1500  
Springfield, MA 01144

*\*Requests must be received no later than March 31, 2018.*



**Minuteman  
Health™**