

Healthy Lifestyle. Healthy Rewards.



You can get up to \$100 each calendar year for completing any of the **GHC-SCW Wellness Reimbursement** program activities listed below!



Athletic Shoes

Receive a \$25 reimbursement for athletic shoes purchased at Berkeley Running Company, Endurance House, Fleet Feet Sports, Morgan's Shoes, Movin' Shoes, or The Shoe Box/The Bargain Box. In addition, enjoy in-store athletic shoe discounts for GHC-SCW members.



Community Events

Participate in any race, ride or walk for the community!



Community Classes/Leagues

Take a GHC-SCW class, a community class or participate in a sports league (eg: frisbee, golf, etc.).



Community Supported Agriculture (CSA)

Purchase a share of fruit or vegetable crops directly from a local farmer. You may choose to use csacoalition.org to find a CSA near you.



Doula Services

Choose a certified doula to work with you through your pregnancy.



Exercise for Excellence

Complete at least 120 workouts during the calendar year at a fitness club where you have a paid membership.



Weight Management

Participate in Jenny Craig, Weight Watchers, or Healthy Woman for a minimum of three months. Program participation can take place in-person or online.

Submitting for Reimbursement

1. **Log on to your GHCMYChartSM account, select WebMD[®] and click on "Wellness Reimbursement."**

Don't have GHCMYChartSM? Visit ghcscw.com/ghcmchart and click "Register & Activate" to get started.

2. **Complete the online Wellness Reimbursement form.**

- Select the wellness reimbursement activity you completed from the drop-down menu.
- Make sure activity criteria are met by filling in your activity details.
- Upload required proof of participation and/or proof of payment.

3. **Submit for reimbursement.** You will receive an email and confirmation that we received your materials. Checks are issued every three months.

The deadline for submitting a reimbursement form is **January 15** of the following year after a program has been completed.

	Date of Submission*	GHC-SCW Sends Checks
First Quarter	Jan. 1 – March 31	Mid May
Second Quarter	Apr. 1 – June 30	Mid August
Third Quarter	Jul. 1 – Sept. 30	Mid November
Fourth Quarter	Oct. 1 – Dec. 31	Mid February

*If you are submitting a reimbursement request for a future event, the check will not be sent until the quarter following the event.

For more information, details and requirements for your Wellness Reimbursement program submission, visit ghcscw.com/wellness/wellness-reimbursement.

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
MK18-26-0(5.18)FL

 **Group Health
Cooperative**

of South Central Wisconsin

ghcscw.com

Frequently Asked Questions

Who is eligible for the Wellness Reimbursement program?

All enrolled GHC-SCW members age 18 and older are eligible to participate in the Wellness Reimbursement program. Members under 18 years of age are eligible for the \$25 athletic shoe reimbursement only.

How much can I be reimbursed? How much can my family be reimbursed?

Each GHC-SCW member who is 18 years of age or older can be reimbursed up to \$100 per person with a maximum reimbursement of \$200 per household, per calendar year. Members under 18 years of age are eligible for the athletic shoe reimbursement only with a maximum of \$25 per calendar year.

Why do I submit my wellness reimbursement through GHCMYChartSM?

GHCMYChartSM is a private and secure hub for online tools at GHC-SCW. GHCMYChartSM also allows you to review your personal health record if you visit a GHC-SCW clinic.

Can I get a wellness reimbursement if I do not have a GHCMYChartSM account?

Yes, you may submit for a wellness reimbursement by completing the Wellness Reimbursement form and mailing it in.

Can I submit for more than one Wellness Reimbursement Activity?

Yes, members over the age of 18 may submit reimbursement for more than one wellness activity per calendar year for a total of \$100 per person with a maximum reimbursement of \$200 per household.

When do I need to turn in my Wellness Reimbursement form?

Services must be obtained during the calendar year. The deadline for submitting a reimbursement form is **January 15 of the following year** after a program has been completed. You may submit reimbursement as soon as all the requirements have been met.

Can I purchase my CSA early for the upcoming year?

Yes, you can purchase a CSA share early for the upcoming year, but you must submit for reimbursement only during the year in which you receive the shares.



What community events are eligible for a wellness reimbursement?

Any race or walk you participate in around the country is eligible for the community event Wellness Reimbursement program. Just submit your proof of registration.

Does my fitness center or health club have to be approved?

No. As long as you are a member of a fitness center or health club you are eligible for reimbursement! You just need to provide proof of 120 workouts.

Does it matter which doula I use?

The doula must be certified to be eligible for reimbursement. Check out dona.org to find a certified doula near you.

Which weight management programs are eligible for reimbursement?

GHC-SCW will reimburse you for your participation in Weight Watchers, Jenny Craig, or Healthy Woman. Participation can take place in-person or online. GHC-SCW will reimburse for program fees only and does not include reimbursement for any food or products purchased.

Who do I contact with questions about my wellness reimbursement?

Call GHC-SCW Member Services at (608) 828-4853 or email wellness@ghcscw.com with your questions regarding the Wellness Reimbursement program.

Important Details

GHC-SCW members who get their insurance plan through a federal government employer are not eligible for the wellness reimbursement program.

The Wellness Reimbursement Program is considered taxable income during the year of payment. If you have GHC-SCW insurance coverage through your employer, your employer may deduct taxes out of your paycheck.

You must have GHC-SCW insurance coverage at the time of the activity completion to be eligible for reimbursement.

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