

Weight Loss

Your Health Benefits Plan provides reimbursement for attendance in a weight loss program up to a maximum of \$530.00 a year provided the criteria listed below are met.

You may receive reimbursement for a portion of the membership fees:

- if proof of attendance is provided
- if no more than 12 weeks are missed in a 52 week period; unless your weight loss maintenance goal is reached before the end of the 12 month period
- reimbursement will be provided for a partial year with attainment of your weight loss goals
- reimbursement for an on-line program is provided
- must incorporate education regarding lifestyle changes
- charges for vitamins/supplements or food are not covered

When applying for reimbursement please submit a copy of your attendance cards. If you are a member of an on-line program please submit documentation showing your regular weekly activity, for example, your weight tracker entries.

Your health is important to us. Research has shown that staying within your recommended weight range will reduce your risk factors for many diseases and help you maintain optimal health.