Healthy Lifestyle. Healthy Rewards.

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

**Athletic Shoes**
Receive a $25 rebate for athletic shoes purchased at Berkeley Running Company, Endurance House/Playtrix, Fleet Feet, Morgan's Shoes, Movin' Shoes or The Shoe Box/The Bargain Box and enjoy in-store athletic shoe discounts for GHC-SCW members. Members under the age of 18 are eligible for a $25 rebate. Their $25 rebate is not applied to the household maximum. Members 18 years of age or older are eligible for a $25 rebate which is applied to the household maximum.

**Eligibility:** You must submit an itemized receipt which includes the name of the store, the cost and date of purchase. Only one submission per eligible member per year is accepted.

**Community Events**
Submit a reimbursement request after completing a race, ride or walk. GHC-SCW will only reimburse for the cost of the event and will not reimburse for extras such as t-shirts, souvenirs, donations, etc.

**Eligibility:** You must submit a receipt that includes the event name and date, participant’s name and amount paid.

**Community Supported Agriculture (CSA)**
Purchase a share of fruit or vegetable crops or a market punch card directly from a local farmer and receive reimbursement. GHC-SCW will not reimburse for egg or meat shares. Visit csacoalition.org to find a CSA near you.

**Eligibility:** You must submit a receipt that includes your name, the name of the CSA, the type of CSA (fruit, vegetable, market punch card), the amount paid and the year in which you receive the shares. CSA shares may be purchased early but may only be submitted for reimbursement during the year in which you receive the shares.

**Doula Services**
Receive a $100 reimbursement for working with a certified doula through your pregnancy. Visit dona.org to find a certified doula near you.

**Eligibility:** You must attend all sessions and submit a receipt that includes your name, your doula’s name, the total amount paid and the dates of service. The same receipt can be submitted for up to two adults. Only one submission per eligible member per year is accepted.

**Exercise for Excellence**
Receive a $100 reimbursement for completing 90 workouts on 90 different dates within the calendar year utilizing a location/program for which you have a paid fitness membership.

**Eligibility:** You must submit a list of all 90 dates that you completed a workout in the calendar year. Only one submission per eligible member per year is accepted.

**Weight Management**
Participate in Jenny Craig, Weight Watchers or Healthy Woman for a minimum of three months during the calendar year. Program participation can take place in-person or online. Please note that GHC-SCW will reimburse for program fees only and does not reimburse for any food or products purchased.

**Eligibility:** You must submit a receipt that states your name as the participant and payer of the program, the name of the weight management program, the cost to participate for at least three months and the dates of participation. Submitting a copy of your bank account with payments for programs will not be accepted.
Guidelines, Rules and Important Details to Know Before Submitting for Reimbursement

- All enrolled GHC-SCW members age 18 and older are eligible to participate in the GHC-SCW Wellness Reimbursement program. Members under 18 years of age are only eligible for the $25 athletic shoe rebate. Please note: GHC-SCW members who are insured through a federal government employer are not eligible for the GHC-SCW Wellness Reimbursement program.
- Members must have GHC-SCW coverage throughout the duration of the activity to be eligible for reimbursement.
- Each GHC-SCW member who is 18 years of age or older on a single plan can be reimbursed up to $100 per calendar year. GHC-SCW members 18 years of age or older on a family plan can be reimbursed up to a total of $200 per household, per calendar year. Members under 18 years of age are only eligible for the athletic shoe rebate.
- The GHC-SCW 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.

Submitting for Reimbursement

1. Log on to your GHCMyChartSM account, select Resources, and click on “Wellness Reimbursement.”
   Don’t have GHCMyChartSM? Visit ghcscw.com/ghcmychart 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 documentation.
3. Submit for reimbursement. You’ll receive a confirmation email that GHC-SCW received your submission. If you do not receive an email confirming your submission within 24 hours, contact the wellness department at wellness@ghcscw.com. Reimbursement checks are issued quarterly.

All reimbursement activities need to be completed by December 31 each year. Submissions must be received or postmarked no later than January 31 of the following year after a program has been completed. You do not have to wait until the end of the year to complete your submission. GHC-SCW accepts submissions throughout the year.

<table>
<thead>
<tr>
<th>Date of Submission*</th>
<th>GHC-SCW Sends Checks</th>
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</thead>
<tbody>
<tr>
<td>First Quarter</td>
<td>Jan. 1 – Mar. 31</td>
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<tr>
<td>Second Quarter</td>
<td>Apr. 1 – June 30</td>
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<tr>
<td>Third Quarter</td>
<td>Jul. 1 – Sept. 30</td>
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<tr>
<td>Fourth Quarter</td>
<td>Oct. 1 – Dec. 31</td>
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*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.