



You can get **up to \$100*** for completing any **GHC-SCW Wellness Reimbursement** program activity.

STEPS TO SUBMIT FOR REIMBURSEMENT

- 1. Log on to your GHCMYChartSM account, select “Resources” tab and then “Wellness Reimbursement”.**
 - Don't have GHCMYChartSM? Visit ghcscw.com and click “Register & Activate” within the GHCMYChartSM section 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.

FREQUENTLY ASKED QUESTIONS

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. CSA's must be through FairshareCSA at www.csacoalition.org.

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.

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.

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 Program?

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.

*Taxable Income - The Wellness Reimbursement Program is considered taxable income during the year of payment. Your employer that you get your GHC-SCW insurance through may deduct taxes out of your paycheck for your and your insured family members' Wellness Reimbursement Program payments.



How long will it take for me to receive my reimbursement?

Checks are issued every three months.

	Forms Submitted	GHC-SCW Sends Checks
First Quarter	Jan. 1 – March 31	The end of April
Second Quarter	April 1 – June 30	The end of July
Third Quarter	July 1 – Sept. 30	The end of October
Fourth Quarter	Oct. 1 – Dec. 31	The end of January

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 participation via the GHC-SCW tracking log or a print out of your gym visits.

Does it matter what doula I use?

No. Members may choose any doula.

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 Athletic Shoe Reimbursement only. GHC-SCW members who get their insurance plan through a federal government employer are **NOT** eligible for the Wellness Reimbursement Program.

Will GHC-SCW reimburse me for internet-based weight management programs?

Yes, GHC-SCW will reimburse you for internet-based weight management programs.

Can I submit a reimbursement for the cost of meals from my weight loss program?

No, reimbursement does not include food, supplements or medication and can only be applied to membership dues or registration fees.

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.

When do I need to turn in my reimbursement form?

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

BETTER TOGETHER