

Healthy Lifestyle. Healthy Rewards.



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



Community Events

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



Community Classes

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



Community Supported Agriculture (CSA)

Purchase a share of fruit or vegetable crops directly from an area farmer through a CSA on FairShareCSA at csacoalition.org.



Doula Services

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



Exercise for Excellence

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



Weight Management

Participate in a Jenny Craig, Weight Watchers, Healthy Woman or internet-based weight management program for a minimum of three months.



Athletic Shoes

Get a \$25 reimbursement for athletic shoes purchased at Berkeley Running Company, Endurance House, Fleet Feet Sports, Movin' Shoes or The Shoe Box, plus in-store athletic shoe discounts for GHC-SCW members.

Submitting for Reimbursement

Submit your wellness reimbursement through your GHCMYChartSM account or by downloading the form found at ghcscw.com/wellness/wellness-reimbursement.



Payments for reimbursement are sent out on a quarterly basis. Once you've completed and submitted the form, it will be processed and reimbursed by the start of the following quarter.

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)
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 **Group Health
Cooperative**

of South Central Wisconsin

ghcscw.com