



WPS PPO and Arise Health Plan – Madison College Wellness Reimbursement



In 2019, WPS and Arise Health Plan will reimburse active employees up to \$100 per household for participation in a Community Supported Agriculture (CSA) program (with receipt from the farm).

WPS and Arise Health Plan will reimburse active employees and their covered spouses up to \$100 per member per calendar year* for participating in the following health and wellness activities (with receipt):

- (a) accident prevention and safety skills education classes;
- (b) healthy back education classes, including back pain prevention classes;
- (c) biofeedback education classes;
- (d) hypertension screening and treatment education classes;
- (e) nutrition and/or diet instruction including weight control and management classes, including necessary laboratory charges as part of the program, not including any food items or diet supplements;
- (f) educational classes for alcohol and drug misuse/abuse training and/or understanding;
- (g) parenting skills education classes (does not include prenatal, lamaze or birthing education or training);
- (h) stress management educational classes;
- (i) smoking cessation programs;
- (j) classes for wellness concepts; and
- (k) classes and assessment of lifestyle health risk factors including initial evaluations for admittance to an exercise program.
- (l) any continuous three month or more frequent membership fees for aerobic fitness conditioning programs of a qualified fitness facility, health club or other covered organization, including court fees, circuit weight training and weight lifting that enhances aerobic training (does not include swimming lessons, initiation fees, tanning fees or sauna fees and similar charges);
- (m) CPR classes and instruction on first aid (does not include instructor training courses); and
- (n) prenatal classes, lamaze classes and birthing instruction courses.
- (o) biomechanical assessment which include flexibility, body and muscle strength, and/or percent body fat measurements;
- (p) relaxation skills and techniques educational classes;
- (q) retirement planning and educational classes; and
- (r) time management instruction and educational classes.
- (s) massage or acupuncture for stress management (medically necessary)

**The \$100 per member per calendar year maximum is combined for all services noted above. For specific terms, provisions and conditions, please refer to the certificate of coverage.*