

## **Menominee Indian Tribe Healthy Lifestyle Benefit**

The Healthy Lifestyle Benefit will pay 50% of approved healthy lifestyle activities with a maximum of \$150 single or \$300 family per year.

Certain health education or physical fitness programs designed to keep you healthy may be eligible for reimbursement. Individuals eligible for reimbursement include covered Employee(s) and covered Dependent(s). All programs eligible for reimbursement must be rendered in a licensed facility and/or provided by certified/licensed instructors.

### **Reimbursement under the Healthy Lifestyle Benefit is available for:**

1. Health club memberships that provide instruction through licensed instructors
2. Hospital or Clinic sponsored, health, exercise, and stress management program including Lamaze and breast feeding classes
3. Licensed weight loss facilities with weight loss instruction performed by certified licensed instructors
4. Lessons provided by certified/licensed instructors and /or licensed facilities for exercise activities such as personal training, golf, swimming, tennis, karate, and yoga

Important: Upon request, Fiserv Health may require a copy of the license and/or certification for evaluation.

**To obtain reimbursement** for the Healthy Lifestyle Benefit, you need to provide Fiserv Health with a copy of a *dated receipt showing payment*. *You also need to include on the copy, your Member Number, Group Number, and a note whether the receipt is a single or family reimbursement.* Eligible programs will be reimbursed up to the dollar amount specified in the Schedule of Benefits.

### **Send Receipts To**

**Fiserv Health  
Atten: Debbie Rakow  
Personal and Confidential  
PO BOX 8046  
Wausau, WI 54402-8046**

Healthy Lifestyle Benefit **does not** provide coverage for:

- Vitamins or food supplements
- Entrance fees for team sports such as baseball, volleyball, or basketball
- Registration fees for races or marathons
- Purchase of merchandise or exercise equipment for the home
- Massage therapy, acupuncture, acupressure, hypnosis, or holistic medicine