



WELLNESS PROGRAMS OVERVIEW

WELLNESS PROGRAMS SUMMARY

www.manateeyourchoice.com/wellness

 <p>Diabetes Diabetes Workshop Diabetes Education Classes At Home Self Study Programs Diabetes Educator Consultations Free Glucometer and test strips Diabetes Mission Control Program 941.748.4501 x6410</p>	 <p>Fitness Group Fitness Classes 5 Personal Training Sessions at No Cost Gym Discounts 941.748.4501 x3979 or x3667</p>	 <p>Health Coaching One on One with a health professional Up to 20 sessions per calendar year First 5 sessions at no cost 941.748.4501 x3967</p>	 <p>Healthy Pregnancy Child Birth Class Reimbursement Educational Program Packet Gestational Diabetes Program 941.748.4501 x3667</p>
 <p>LAMP Behavioral Health Advocacy 5 Counseling Sessions at No Cost Psychiatric Services Customized Work Site Programs 941.741.2995</p>	 <p>Nurse Advocates Nurse Advocacy Sleep Disorder Program Referral Assistance 941.741.2963</p>	 <p>Nutrition Nutrition Education Programs 5 Sessions w/RD at No Cost Online Nutrition Tools 941.748.4501 x6464</p>	 <p>Pharmacy Medication & Supplement Consultation Asthma Education 941.748.4501 x6406</p>
 <p>Prevent Diabetes Educational Workshops Web-based Program Advocate Consultation 941.748.4501 x6410</p>	 <p>Tobacco Cessation Cessation Aids Cessation Course Cessation Clinic/Coaching Online Course Telephone Quitline 941.748.4501 x6464</p>	 <p>Weight Loss Bariatric Surgery 941.748.4501 x6464</p>	 <p>Other Health First Program Your Best Brain Program Hinge Health Musculoskeletal Program Financial Wellness Wellness Reimbursement Work Site Flu Shots 941.748.4501 x6412 or x6497</p>

WELLNESS REIMBURSEMENT PROGRAM

Eligible: Adult Health Plan Members

More info: 941.748.4501 x3979 or aminardi@manateeyourchoice.com or www.manateeyourchoice.com/reimbursement

Adult Members of the Manatee YourChoice Health Plan (including covered spouses and retirees) are eligible to receive up to **\$250 per calendar year** for participating in qualified wellness expenses. The program follows the calendar year (January 1 – December 31) and submissions must be submitted by December 31st to be reimbursed. If the reimbursement is not used during the calendar year, it is lost. No “rollover” applies.

Qualified Wellness Expenses:

- Sport & Recreation event fees such as 5K, mudder competitions & marathons
- Fitness center, health club, studio or aquatic center membership fees
- Group Exercise and Personal Training fees not subsidized by YourChoice
- Weight management/weight loss program fees
- Sport and Recreation lesson fees such as dance, tennis or swimming lessons
- Wearable fitness devices with proof of utilization