

WELLNESS PROGRAMS:

INDEPENDENCE BLUE CROSS



FITNESS PROGRAM

When you meet the eligibility requirements, submit your documentation to ibx.com/reimbursements to request reimbursement.

- **Join an approved fitness center** - choose a full-service fitness center that includes amenities for continuous cardiovascular, flexibility and resistance training.
- **Exercise at your chosen fitness center regularly** - Work out at your approved fitness center 120 times during a 365-day period
- **Record your workouts** - You may record only one workout a day with a minimum of eight hours between logged workouts. After you complete 120 workouts, you can request a reimbursement.
- **Submit your documentation and request reimbursement** - Log on to ibx.com/reimbursements and upload copies of the following documentation:
 - * Proof of payment (receipts must be submitted on fitness facility letterhead, or a copy of the membership contract must accompany the receipt)
 - * Record of your workouts (completed logbook or a computer printout of your workouts from the gym)

BLUE365

With Blue365, members get discounts and special offers from leading national companies for health-related products and services.

TOBACCO CESSATION

IBC offers a smoking cessation program to all members. Additional information is available at ibxpress.com.

WEIGHT MANAGEMENT PROGRAM

The Healthy Lifestyles Solutions Weight Management Program will reimburse you up to \$150 for the cost of an approved weight management program.

- **Sign up for an approved weight loss program**
- **Attend the approved program** - Follow the requirements of your program and stick with it throughout the duration of your program year.
- **Submit your documentation and request reimbursement** - Log on to ibx.com/reimbursements and request your reimbursement by submitting proof of participation and payment. For example:
 - * If attending Weight Watchers in person, you will need to submit receipts and copies of your booklets
 - * If participating in Weight Watchers Online, you will need to submit screen shots to show proof of payment and progress in the program
 - * If attending a hospital-based or youth program, proof of payment and participation is required

CARE MANAGEMENT

The care management programs are designed to assist you by coordinating your health care needs with a Health Coach. The Health Coach is then able to use their expertise and knowledge of IBC benefits to offer you support and guidance.

For more information on the above programs, please contact Healthy Lifestyles Solutions at **800.590.8880**.