



## Your Medical Benefit Program Explanation of Your Wellness Benefits

- **HEALTH EQUIPMENT REIMBURSEMENT**- State of New Hampshire HMO members are eligible to receive reimbursement for up to \$200 per subscriber contract per calendar year (January 1 – December 31) for the purchase of one piece of home exercise equipment that provides a cardiovascular/muscular total body workout. Equipment must be new and purchased at a retail store. POS members are not eligible for this benefit.
  - The following pieces of equipment are eligible for reimbursement: Treadmills, Stationary Cycles, Bike Stands (*to convert road bike to stationary cycle*), Stair Climbing Machines, Elliptical Machines, Rowing Machines, Cross-country Ski Machines, Air Walkers, Home Gyms, Total Body Weight Resistance Machines
  - The following pieces of exercise equipment are not eligible for reimbursement: Muscle-specific resistance equipment such as abdominal rollers, thigh or buttocks machines; exercise videos or mats; outdoor recreational equipment such as golf clubs, bicycles, game balls, skates, skis, tennis racquets, or rollerblades; exercise clothing or shoes and any used equipment.

Please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415 to confirm coverage for a specific piece of equipment.

- **GYM/FITNESS FACILITY REIMBURSEMENT**- State of New Hampshire HMO members are eligible for up to \$450 per subscriber contract per calendar year (January 1-December 31) that have not already taken advantage of the \$200 equipment reimbursement benefit (explained above) within the same calendar year. POS members are not eligible for this benefit.

For employees that join an Anthem approved fitness facility, the facility will directly bill Anthem monthly for your membership dues up to \$450 for the months that you \*actively participate. You are responsible for any other fees, including joining fees and fees beyond the \$450 calendar year benefit. If you choose to join a facility that costs more than \$450/yr, you are responsible for any additional costs.

\*Anthem will pay your monthly membership fee up to \$450/yr if you actively participate. This means you must visit the facility no less than 8 times per month to avoid being billed directly by the facility.

For subscribers who choose not to use the gym/fitness facility reimbursement benefit, they can transfer this benefit to another family member who is 18 years of age or older and is enrolled on their policy. Please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415 to request your benefit be transferred. Subscribers will need to call Anthem annually to transfer this benefit.

- **Kickboxing and other fitness activities**- As long as the facility is on Anthem's Approved Fitness Facilities List, HMO employees are eligible for the \$450 per year for membership dues under the gym/fitness facility reimbursement benefit as long as they continue to actively participate (8 times per month).
- **CHERP**- Community Health Education Reimbursement Program- (HMO & POS) – Employees that participate in an Anthem approved class (see the CHERP list) are eligible for reimbursement up to \$150, per family per calendar year.  
[http://admin.state.nh.us/hr/documents/anthem\\_cchep.pdf](http://admin.state.nh.us/hr/documents/anthem_cchep.pdf)
- **YOGA**- You will notice that Yoga appears on both lists, approved Fitness Facilities and CHERP. What does this mean? Two things:
  1. It means that an HMO or POS employee that would like to try out a yoga facility or attend one of their special classes that run for a short period, can submit a receipt and a CHERP form and be reimbursed up to \$150 for the class (per calendar year).
  2. It also means that HMO employees can join an Anthem approved Yoga facility and attend their classes as often as they would like but no less than 8 times per month. You must attend 8 times per month to remain eligible for the benefit. Just like the Gym reimbursement.

**Note:** HMO employees married to other HMO state employee's- both employees are eligible for either the \$200 health equipment reimbursement or \$450 per calendar year gym/fitness facility reimbursement along with the CHERP as outlined above. Please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415 to advise them that your spouse is also a State employee.

**Important Fact:** ALL of these benefits are taxable benefits.

For further assistance, please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415.

Find the forms and more information here: <http://admin.state.nh.us/hr/formsH&D.html>