

What is eligible for reimbursement?

Category 1, AWC Campaigns

Participate in one or two AWC Campaigns each program year. Members must complete a campaign to be eligible for the reimbursement.

Category 2, Wellness Calendar

Independent fitness and wellbeing programs are allowed and encouraged. Some people are runners, walkers or cyclists and keep in shape on their own, others use meditation as part of their fitness routine. By using the Wellness Calendar, employees may be reimbursed semi-annually to the limit for their independent fitness/wellbeing program. The calendar requires the member to complete a minimum of three (3), 30- minute workout sessions per week or twelve (12) separate 30- minute workouts over the course of the qualifying month. You can combine exercise and mental health activities. For example, one could exercise for 20 minutes and meditate for 10 minutes for a total of 30 minutes

Category 3, Fitness Club Memberships/Classes/CSA (Community Supported Agriculture), etc.

Get reimbursed up to the annual limit for such individual memberships as health clubs, greens fees, tennis clubs, ski passes, aquatic center memberships. This category also includes weight loss program membership fees such as Weight Watchers, Jenny Craig, etc. (excluding food). Individual classes taught by certified instructors may also be reimbursed up to the annual limit and include such categories as Pilates, Yoga, Martial Arts, golf lessons, Aerobics. Membership in a local Community Supported Agriculture program is also allowed. Not allowed are items such as social clubs, transportation, clothing, equipment rentals, food (other than CSA), vitamins or supplements.

Category 4, Event Registrations and Sports League fees

Participation in community events and sports leagues is a great way to be well. The event must contribute to the member's physical, mental or spiritual health. Examples of suitable events would be 5K runs, marathons, Relay for Life. Reimbursement will be authorized after completion of the event. Reimbursement will be allowed for sports leagues which maintain activity over a sustained period (i.e. 6 week soccer league).

Category 5, Health, Wellness & Holistic Education

Education is key in building and maintaining a healthy mind and body. Employees can be reimbursed class registrations up to the annual limit. Examples of reimbursable classes are Employee Maintenance Challenges, nutrition, healthy cooking, meditation, diabetes management, heart health, and stress management. Items not covered would be food (unless it is included in the registration fee), vitamins, supplements, and clothing.

Category 6, Equipment

Purchase health or wellness equipment or training materials and get reimbursed. This category would contribute to purchase of large fitness equipment such as treadmills, ellipticals, bicycles as well as smaller items such as in-line skates, yoga mats, athletic shoes, exercise DVDs, meditation DVDs, etc. Typical items not covered would be clothing, gaming equipment (Wi)

*****if an activity or item doesn't fit into one of the categories listed above, contact the Wellness Coordinator, Michele Zlotek 788-9322 to ensure eligibility for reimbursement. The Wellness Committee will review any questionable reimbursement requests and issue the final disposition.***

