

# Important changes to Healthy Lifestyles<sup>SM</sup> Solutions reimbursements



The ordinary decisions we make every day, like what we eat and how much we move our body, are what help us stay on the road to good health. Healthy Lifestyles Solutions reimbursements reward you for taking the small steps that can add up to big changes in your health. To support your continuous improvement, Independence Blue Cross (IBC) is making the following changes to our Healthy Lifestyles Solutions reimbursement programs effective January 1, 2014:

## Changes to program requirements

- Eligibility for reimbursement will be determined by calendar year. Reimbursement checks will be issued once per program, per calendar year. You cannot request multiple checks per program equaling the maximum reimbursement amount during the reimbursement year.
- Requirements do not need to be completed during the same calendar year. For example, you can submit proof of attendance at Weight Watchers® or workouts completed at an approved fitness facility prior to January 1, 2014, as long as the requirements were completed during a 365-day time period. For example, if you began attending Weight Watchers on November 15, 2013, you will have until November 14, 2014, to complete the attendance requirements for reimbursement.

## Changes to reimbursements

- We will continue to offer reimbursements for fitness, weight management, and tobacco cessation programs. After January 1, 2014, the reimbursement amount for each of these programs will be \$150.
- We will not offer reimbursements for the cost of bike helmets, first-aid classes, and parenting classes.
- We will not offer reimbursements for lactation consultations and breast pump purchases. As part of the health care law's requirements for women's preventive health services, many IBC health plans\* now cover in-network lactation consultations and the purchase of a non-hospital grade breast pump and breast pump supplies from an in-network supplier, with no member cost-sharing. Please check your benefits for your coverage options.

## Changes to fitness program

- The automated phone system to record workouts will not be available. Members will continue to have two options for recording workouts:
  - Use the fitness center's computer system (where applicable) and obtain a usage report.
  - Use a fitness handbook to record workouts and have it signed and dated by a fitness facility representative. Download a copy of the handbook at [www.ibx.com/reimbursements](http://www.ibx.com/reimbursements).
- When you meet the program's eligibility requirements, you can scan these documents and visit [www.ibx.com/reimbursements](http://www.ibx.com/reimbursements) to submit them.
- A report of visits that are logged on the automated phone system (if any) prior to your new benefit period — which is the date your coverage takes effect — will be available by calling 1-800-ASK-BLUE (1-800-275-2583). You can include this report with all documentation that you will need to submit to request reimbursement.

## Questions?

Call 1-800-ASK-BLUE (1-800-275-2583) to speak to a Customer Service representative.

\*Some IBC health plans may not cover these benefits or may require cost-sharing. Refer to your benefits materials or call 1-800-ASK-BLUE for more information.

Weight Watchers® is a registered mark of Weight Watchers International, Inc., an independent company.

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**Visit [www.ibx.com/reimbursements](http://www.ibx.com/reimbursements) for information on how to request reimbursement**

After January 1, when you meet the eligibility requirements for a program, you can visit [www.ibx.com/reimbursements](http://www.ibx.com/reimbursements) and submit your documentation to request reimbursement.

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