

SVRHT Wellness Benefits and Incentives

SVRHT-Insured employees

Blue Cross Blue Shield - BCBS members are entitled to reimbursement for up to \$150 per calendar year for qualified fitness centers and \$150 per calendar year for Weight Watchers®.

Health New England - HNE reimburses \$150 per family, per year for: qualifying fitness club membership; personal trainer fees; aerobic/wellness classes; school and town sports registration fees and up to \$150 per calendar year for Weight Watchers®.

For the Medicare Advantage plan, HNE offers an allowance of \$150 per calendar year for joining a Fitness Club or Weight Watchers® or for certain Safety Items.

Tufts - Up to \$150 per calendar year for fitness center membership; \$150 per calendar year for a weight loss program.

YEARLY Wellness Works Incentive Program

BC/BS, HNE and Tufts subscribers through Scantic Valley Regional Health Trust: keep tabs on your numbers (weight, BMI, blood pressure, cholesterol, glucose) and earn some BUCKS!! Use bloodwork results from on-site screenings or your physician visit. Contact Lyn to take part in this great opportunity that happens every year!!

CanaRx

Money-saving program for brand name prescription medications. For more information, call 1-866-893-6337 or go to www.SVRHTCanaRx.com.

Good Health Gateway Diabetes Care Rewards Program

Voluntary program to receive diabetes medications and supplies for \$0 co-pays. Call 1-800-643-8028 or visit www.GoodHealthGateway.com for more information.

Events

"Maintain Campaign"

Our yearly commitment to support everyone's effort to keep our weight in check during the holiday season. It involves a weigh-in the week before Thanksgiving and a weigh-out after the New Year. Weekly emails containing tips to stay on track are sent to all participants. Everyone who weighs out receives a wall calendar in January. Everyone who stays within 2 pounds of their weigh-in weight has a chance to win one of ten \$25 gift cards.

SVRHT Wellness Program Incentives

Smoking Cessation* *"Quit Smoking Your Way and We'll Pay"*

Benefitted/benefit-eligible employees and their family members can have smoking cessation related expenses waived and earn up to \$200 in gift cards for staying quit. You must register for this program and schedule verification appointments in order to receive incentives.

Colonoscopy *

Benefitted/benefit-eligible employees and spouses can earn \$100 for completing a **preventive** screening colonoscopy (once every 5 years maximum).

Body Mass Index Incentive*

Each benefitted/benefit-eligible employee who goes from a BMI over 30 to a BMI under 25 will earn a \$50 gift card. If that level is maintained for 6 months, another \$50 gift card will be awarded.

Weight Watchers*

SVRHT Wellness awards a \$25 Gift Card to any benefitted/benefit-eligible employee who loses 10% of their body weight with Weight Watchers.

Wellness Program On-Site Class Discount*

Benefitted/benefit-eligible employees receive a 40% discount on wellness program-sponsored classes if only one class in each session is missed.

**You must contact Lyn to register for these programs in order to receive incentives.*

Community Discounts

Longmeadow Parks & Recreation, East Longmeadow Recreation Department and Hampden Parks & Recreation

Benefitted/benefit-eligible employees receive a 40% discount on most adult fitness programs/classes. Receive discount upon registration.

Local Fitness Center Discounts**

ATTAIN Therapy and Fitness (East Longmeadow) – 15% discount for first responders; 10% discount for school and town employees for adult strength and conditioning classes.

Blue Diamond CrossFit (80 Denslow Road) in East Longmeadow offers a **20% discount** for Military, Police, Fire, Teachers and Students (with valid ID)

Century Fitness (East Longmeadow) –Twelve-month membership with no start-up fee for \$19.99 per month.

Glenmeadow Retirement Community (Longmeadow) - \$10 off monthly *Lifestyle Pass* for ages 62 and over.

Healthtrax (East Longmeadow) - \$10 off per month with yearly membership.

PureBarre (East Longmeadow/Northampton) – 10% off monthly packages and clothing.

Scantic Valley YMCA (Wilbraham) - 50% off of the joiner's fee and 20% discount off of the regular monthly membership rates.

***Please tell staff that you are a town employee when purchasing membership*

For more information, please see our website, www.scantichealth.org or contact Lyn Fioravanti at 896-9080 or lyn@scantichealth.org. Like us on Facebook! <https://www.facebook.com/scanticvalleywellness/>



Offers in **purple** are available for all benefit-eligible employees, even if you don't have town/school insurance.