



Health Education Classes

Health classes can help you optimize your health. As part of your PacificSource medical coverage, you may be able to participate in health education classes and receive reimbursement.

How does this work?

PacificSource will reimburse eligible medical members up to a maximum of \$150 per member per plan year for health and wellness classes. Covered dependents are also eligible for this program.

Check with your local hospital or organization to see what health and wellness classes they offer.

Our Customer Service Representatives are happy to help you determine if the class you'd like to attend is eligible for reimbursement.

How do I get reimbursed?

After you've taken a class, just complete and mail in our reimbursement request form (on the back of this flier) with a copy of your receipt. The reimbursement will be paid directly to you after completion of the course or series.

Are there any limitations?

You must be an eligible and enrolled PacificSource member at the time of class registration and when the class begins to qualify for class reimbursement.

Eligible classes may include:

- Health and wellness classes taught by a licensed or certified instructor
- Classes that promote and maintain health and well-being or enhance quality of life. These types of classes may include:
 - First aid/AED/CPR
 - Nutrition classes (for chronic conditions)
 - Prenatal classes
 - Any class that is offered by a hospital
 - An online course on a health-education or wellness topic, or that is a fitness activity
 - Health-education, wellness, or fitness-activity classes that do not require a membership to attend
 - Cardiology services education (includes CPR and first aid)
 - Childbirth and parenting education, including babysitter, first aid/CPR (member only), sibling class, "Caring for your new brother or sister" class
 - Condition management (diabetes, cancer, arthritis, asthma, and more)

Email

cs@pacificsource.com

Phone

Toll-free

888-977-9299, TTY 711

En Español

866-281-1464

PacificSource.com



Not eligible:

- Punch card for drop-in gym time
- Classes that require a gym, health club facility, or parks and recreation membership
- Gym membership fees or health-center membership fees (for example, YMCA, recreation center membership, Curves, Golds Gym, 24 Hour Fitness)
- Advance payment for a class (Reimbursement for classes purchased in advance will not be paid until the class has been completed.)
- Sports league fees, sports fees
- Entry fees, consultations, weight-loss plans
- Employer-required training courses
- Employer reimbursement
- Clinical appointments with a dietitian
- Instructor certifications
- One-on-one education classes
- Online fitness memberships where you pay a yearly fee and get access to fitness courses

Questions?

Contact Customer Service at **888-977-9299**, or email cs@pacificsource.com.
Find information online at PacificSource.com.

Reimbursement Request Form

Please attach a copy of your class payment receipt. Mail your receipt and this completed form to:

PacificSource
Attn: Claims Department
PO Box 7068
Springfield, OR 97475

Or fax it to:

541-225-3632
Attn: Claims Department

Member Information

Member name _____ PacificSource ID _____

Date of birth _____ Group Number _____

Home phone _____ Email _____

Mailing address _____

Class Information

Organization name _____

Organization address _____

Class name _____

Class cost _____ Class start date _____ Class end date _____

