

# Healthy Lifestyles<sup>SM</sup> Solutions Weight Management Program

Get up to \$150 back when you participate in an approved weight management program

No one said weight loss is easy, but support from others can make the challenge feel more manageable. Enroll in Weight Watchers<sup>®</sup>, Weight Watchers<sup>®</sup> Online, or an approved weight management program at any network hospital and you can get encouragement to manage your weight for the long haul. The Healthy Lifestyles<sup>SM</sup> Solutions Weight Management Program will reimburse you up to \$150 for the cost of an approved weight management program.

## How it works

You don't have to enroll in the Healthy Lifestyles Solutions Weight Management Program to be eligible to receive reimbursement. When you meet the eligibility requirements, just submit your documentation to [ibx.com/reimbursements](http://ibx.com/reimbursements) to request reimbursement.

### 1. Sign up for an approved weight management program.

See page 2 for information about choosing an approved program that's eligible for reimbursement.

### 2. Attend the approved program.

Follow the requirements of your program and stick with it throughout the duration of your program year. A healthy weight reduces your risk for heart disease, high blood pressure, diabetes, and stroke.

### 3. Submit documentation and request your reimbursement.

Log onto [ibx.com/reimbursements](http://ibx.com/reimbursements) and request your reimbursement by submitting proof of participation and payment. For example:

- If attending Weight Watchers in person, you will need to submit receipts and copies of your booklets.
- If participating in Weight Watchers Online, you should submit screen prints to show proof of payment and progress in the program.
- If attending a hospital-based or youth program, proof of payment and participation is required.

Once all of your documentation is submitted, you can request your reimbursement to be paid by direct deposit or American Express rewards card.\*

\* Please note that American Express charges a fee of \$4.00 plus three percent of the reimbursement amount.



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management program at  
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# Weight Management Program guidelines

## Selecting an approved weight management program

Choose Weight Watchers and attend weekly meetings, or opt for an approved weight management program based at a network hospital. Some weight management programs for members under age 18 may also be eligible for reimbursement. If you like, you may join more than one program per year; however, the maximum reimbursement you can receive is \$150 per year issued once per calendar year.

## Weight management with Weight Watchers

The Weight Watchers program combines in-person group sessions, education, and tools to help you make the nutrition and exercise decisions that are right for you. With Weight Watchers Online, you can create a customized weight loss plan and use online and mobile tools to help you track your progress anywhere you go.

## Weight management at network hospitals

Many of our network hospitals offer weight management classes to the community. Programs and schedules vary from hospital to hospital. For more information about available programs, contact the community health education department of your local hospital.

## Weight management programs designed for youth and adolescents

Reimbursement is available to help with the cost of programs designed for minors. The program must focus on behavior modification, nutrition education, and have a goal of losing weight. Youth programs are commonly available through YMCAs, community centers, and hospitals.

Use the Find a Provider tool on [ibx.com](http://ibx.com) to locate a network hospital in your area, or call our Health Resource Center at 1-800-ASK-BLUE.

## Not reimbursable:

- Dietary supplements
- Plans that require the purchase of food products designed for use with the plan
- Injections
- Meal plans; liquid meals

## Weight loss programs that are not reimbursable:

- Any online program other than Weight Watchers Online
- Any programs offered at a medical practice other than a hospital

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The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans.

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**For more information,  
please contact Healthy  
Lifestyles Solutions at  
1-800-590-8880.**

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**You are only eligible for  
one reimbursement per  
program, per calendar year.**

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