

Healthy  
Lifestyles

# Get \$150 back!

Enroll in a weight  
management program



Support from others can make weight loss feel more manageable. Enroll in WW®, WW® Online, Noom, or an approved weight management program at a network hospital and the Healthy Lifestyles<sup>SM</sup> Weight Management Program will reimburse you up to \$150.

### How it works

1. Sign up for an approved weight management program.
2. Attend the approved program.
3. Submit documentation and request your reimbursement.

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

---

## Start your well-being journey today!

Visit [ibx.com](https://ibx.com) or download  
the IBX mobile app.

---

Log on to [reimbursements.ibx.com/ibc](https://reimbursements.ibx.com/ibc) and submit the following documentation:

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

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

Independence 

## Weight Management Program guidelines

### Selecting an approved weight management program

Choose WW 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.

\*Purchase dating back to January 2021 may be submitted at any time through the calendar year.

### Weight management with WW

The WW program combines in-person group sessions, education, and tools to help you make the nutrition and exercise decisions that are right for you. With WW 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 with Noom

Noom is a psychology-based program that empowers you to make healthier choices by better understanding yourself, your mind, and the science of choice. Powered by data, technology, and coaches, Noom helps millions of people meet their personal health and wellness goals.

### 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 Doctor tool* on [ibx.com](https://www.ibm.com) to locate a network hospital in your area or call **1-800-ASK-BLUE**.

### Not eligible for reimbursement:

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

### Weight loss programs that are not eligible for reimbursement:

- Any online program other than WW Online or Noom
- Any programs offered at a medical practice other than a hospital

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

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

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

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.