$200 Wellness Benefit

2016 Wellness Benefit

There are no changes to the Wellness Benefit in 2016.

The $200 Wellness Benefit is available to any employee, or their covered adult family member (18+) that is enrolled in a Cigna health plan through Dartmouth College. You may receive a reimbursement of up to $200 per family, per calendar year.

What can I get reimbursed for?

Exercise Classes:
⇒ Must attest to attending at least 75 percent of the sessions for classes with a fixed start and end date that are a minimum of 4-weeks long (e.g. FLIP class) OR
⇒ Must attest to attending at least 10 sessions within a 20-week period for on-going classes (e.g. drop in yoga class)

Fitness Activities:
⇒ Includes fitness facilities (full-service facilities, yoga/pilates studios, pool/tennis only facilities); personal training; sports club fees (e.g. running club, basketball league); alpine/cross country ski tickets/season pass; and golf greens fees/membership (must walk the course)
⇒ Must attest to participation in activities at least 2 times per week for 10 out of 20 weeks

Health-Promoting Activity Devices:
⇒ Includes pedometers; accelerometers (e.g. Fitbit, Jawbone UP); heart rate monitors; and sports watches
⇒ Must attest to participation in fitness activities while wearing your device for at least 2 times per week for 10 out of 20 weeks

Workshops:
⇒ Includes multi-week workshops related to weight management, tobacco cessation, stress management or general health; and Weight Watchers meetings
⇒ Must attest to attending at least 75 percent of the workshops or at least 10 classes/meetings within a 20-week period.

Race Fees:
⇒ Includes walking/running; biking; swimming; rowing; skiing; multi-component (e.g. triathlon) race fees
⇒ Must attest to participation in fitness activities at least 2 times per week for 10 out of 20 weeks as part of your training program.

All 2015 Wellness Benefit forms must be submitted by March 31, 2016.
All 2016 Wellness Benefit forms must be submitted by March 31, 2017.

www.dartmouth.edu/wellness