

Community Wellness Benefit



Premera Blue Cross provides you with a Community Wellness Benefit to help you educate yourself and actively participate in your health care. This benefit encourages you to take wellness-related classes offered through local hospitals and clinics.

Some wellness topics include:

- Adult/Child/Infant CPR and safety
- Asthma
- Babysitting skills
- Back care
- Bike safety and a bike helmet program
- Healthy heart exercises
- How to deal with stress
- Maternity fitness and education
- Newborn care
- Nutrition
- Parenting

Please note: Diabetes education classes are covered in your basic health education benefit. Classes related to other conditions may also be covered. Your benefit booklet provides more details.

Who offers wellness classes?

Many of the participating hospitals and clinics in our provider directory offer ongoing wellness classes.

Before you attend class, be sure to verify that the sponsoring facility is eligible to provide community wellness classes covered by Premera Blue Cross.

How to receive class benefits

- 1) Contact the participating hospital or clinic to determine the times and locations of classes.
- 2) Before you attend a class, be sure to check your coverage and make sure you'll be reimbursed. Please call our Customer Service department at **1-800-722-1471**.
- 3) Complete the class.
- 4) Photocopy or fill out the attached reimbursement form. (You'll need a separate form for each class and covered family member.)
- 5) Send the reimbursement form along with proof of payment to:
**Community Wellness
Premera Blue Cross
MS 508
P.O. Box 327
Seattle, WA 98111-0327**
- 6) When we receive your completed form, we'll reimburse you up to your annual benefit maximum.



BLUE CROSS

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Reimbursement Form for Community Wellness Benefit

Name _____

Member ID number _____

Wellness topic _____

Class dates _____

Class location _____
(name of hospital or other facility)

Amount paid _____
(please attach your receipt or bill)

Please mail me a new reimbursement form.
(Include your mailing address below)

