

### Eligible Services Covered by Wellness Credit

- Biometric Screening- cholesterol, BP, blood glucose, body fat%,
- Flu shots
- Onsite Health Fair services- osteoporosis screening, skin cancer screening, nutritional consulting/education, mobile mammography or cardiovascular screening
- Onsite health clinic preventive services
- Wellness related consultative services from physicians, licensed therapists, registered dieticians and other health care professionals
- Health Coaching (modifiable risks) Online, Telephonic, Onsite and/or by mail
- Dedicated onsite health and wellness coordinator service (program management)
- Paper health assessments
- Health and Wellness onsite educational classes (care 24 or external vendor training, ex, stress management, ergonomics)
- Onsite Behavioral change classes- weight watchers, smoking cessation, anger management)
- Smoking Cessation programs and therapy (nicotine replacement therapy/ RX therapy)
- Onsite exercise/relaxation classes- walking , pedometer program, stair climbing, water aerobics, swimming, cycling, aerobics, personal training, yoga, stretching, massage, gym memberships or onsite gym services, acupuncture, alternative/ holistic services
- Executive physical exams
- Online activity tracking and reward administration (gift cards)
- Incentive such as gift cards, stored value cards, and other incentives provided to incent participation in wellness programs. Note: contribution based incentives are not covered under this program.
- The fees for producing data feeds to UHC/Optum for biometric screening data to be loaded into Health A-Z (standard file layout only). Non-standard file layouts may generate additional costs and are not considered reimbursable under this program.
- The fees for generating out of company data extracts that are explicitly used to support wellness programs.
- Services not explicitly mention above must be approved through the BAR for coverage consideration.