



MASSACHUSETTS

Weight-Loss Benefit

# PRACTICING GOOD HABITS PAYS OFF

Enroll in a weight-loss  
program and receive  
up to \$150.



Blue Cross Blue Shield of Massachusetts  
is an Independent Licensee of the Blue Cross  
and Blue Shield Association.

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# IT PAYS TO LOSE WEIGHT

To celebrate all you do, we've put together up to \$150 in weight-loss reimbursements.

## HOW IT WORKS

When you enroll in a qualified weight-loss program, you can receive up to \$150 per calendar year toward your program fees.\*

### Qualified for Reimbursement:

- Hospital-based programs and WW (formerly known as Weight Watchers®) in-person
- WW online and other non-hospital programs (in-person or online) that combine healthy eating, exercise, and coaching sessions with certified health professionals such as nutritionists, registered dietitians, or exercise physiologists.

### Not Qualified for Reimbursement:

- One-time initiation or termination fees
- Food, supplements, books, scales, or exercise equipment
- Individual nutrition counseling sessions, doctor/nurse visits, lab tests, or other services that are covered benefits under your medical plan

\*Employer group benefits may vary.

## GETTING REIMBURSED IS NO SWEAT!

It's easy to get your reimbursement. After you pay for a qualified weight-loss program, submit your reimbursement request by mail or online.

### By Mail

Fill out the attached form and mail it to the address located at the bottom of the form.

### Online

Use our convenient online reimbursement tool through your MyBlue account.

If you have any questions, please call Member Service at the number on your ID card.

### Things to Keep in Mind

- Reimbursement requests must be submitted by March 31 of the following year.
- Keep copies of all your paperwork and proof of payment in case we request them from you. Proof of payment includes the following:
  - » Itemized, dated, paid receipts from your weight-loss program
  - » Bank or credit card statements
  - » Paycheck stubs (if your club fees are automatically deducted from that account)

**Take control of your health.**

**Talk to your doctor about managing and maintaining your weight.  
Be sure to check with them before starting any weight-loss program.**



## SUBMISSION REMINDER

Remember, you can only submit for your Weight-Loss once per calendar year, and it must be filed by March 31 of the following year.

### Have you...

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- written your Blue Cross Blue Shield of Massachusetts member ID number in the space provided on your reimbursement form?
- included the name and address of the weight-loss class or program?
- signed and dated the completed Weight-Loss Benefit form?



## QUESTIONS?

If you have any questions, call the Member Service number on the front of your ID card.

Blue Cross Blue Shield of Massachusetts is an HMO and PPO plan with a Medicare contract. Enrollment in Blue Cross Blue Shield of Massachusetts depends on contract renewal.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-678-2265** (TTY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-800-678-2265** (TTY: 711).

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