



Get rewarded for making healthy choices

Geisinger

Need motivation to exercise? Already work out regularly? Whichever describes you, Healthy Rewards is a reimbursement program that helps you pay for fitness activities.

How does Healthy Rewards work?

Annual reimbursement up to \$100/single and \$200/family

- Members (policyholder only) must complete the online wellness assessment to be eligible.
- **Covered activities include:**
 - Fitness center memberships
 - Exercise classes
 - Race fees
 - Gymnastics
 - School athletic fees
 - Swimming lessons
 - Sports camps
 - Sports fees
 - Karate and more

How do I get it?

Healthy Rewards is available to members who have a Geisinger HMO, Geisinger PPO or Geisinger Funding Alternative (GFA) plan through their employer.* Start by visiting [geisingerhealthplan.com](https://www.geisingerhealthplan.com):

- Log in as a member.
- Complete the wellness assessment (required). Once logged in, under the “Health and Wellness” tab at the top, click on “Wellness Assessment.” Click the link to complete the assessment.
- Next, under the “Health and Wellness” tab at the top, click on “Healthy Rewards Reimbursement.”
- Download and mail the reimbursement form, along with receipts, per the instructions listed on the form.

**Healthy Rewards is not available for Geisinger Gold, GHP Family, GHP Kids or individual Marketplace plans. Self-funded members may be able to participate if their employer has opted into Healthy Rewards. This benefit highlight is intended as an information source. Consult with your benefits manager to confirm that you are eligible to participate. Reimbursement is subject to approval by Geisinger Health Plan. The policyholder is the only member required to take a wellness assessment, but each member must fill out the Health Rewards Reimbursement Form.*

Get a health snapshot with Wellness Online

One of the first steps toward a healthier you is getting a snapshot of your current health. Wellness Online can help you do that! Our wellness assessment will give you your risk for specific conditions, and it also includes recommendations on ways you can improve your health. **You can access and update your wellness assessment anytime.** Wellness Online also includes other beneficial tools you can use to keep track of your eating and exercise habits to keep yourself and your family healthy. When you start it's a good idea to have your health history, medical and lifestyle information on hand to get the best results. All of this at no cost to you.

Other Wellness Online benefits:

Track and analyze your personal health, nutrition and fitness data through the Connection Center.

- Explore options for personal health, self-improvement and healthy recipes in the Resources section.
- Use our wellness tools to track and graph vitals like your blood pressure, blood glucose and heart rate.

Accessing Wellness Online and the wellness assessment

Visit [geisingerhealthplan.com](https://www.geisingerhealthplan.com)*

- Go to “Select Account” to log in as a member (registration required).
- Hover over the “Health and Wellness” tab at the top and click on “Wellness Online.”
- To access or update your wellness assessment, hover over the “Health and Wellness” tab and click on “Wellness Assessment.”

**If you're part of an employer wellness program with access to Wellness Online, but not a member, log in at [wellness.geisinger.org](https://www.wellness.geisinger.org). Members log in at [geisingerhealthplan.com](https://www.geisingerhealthplan.com). If you're unable to access this information, call your employer or our wellness team at 866-415-7138.*

Geisinger Health Plan may refer collectively to health care coverage sponsors Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted. Geisinger Health Plan is part of Geisinger, an integrated health care delivery and coverage organization.