



## NEWS AND NOTES

March 2019

A Periodic Publication from the East End Health Plan  
\*\*VISIT THE EAST END HEALTH PLAN WEBSITE  
AT [WWW.EEHP.ORG](http://WWW.EEHP.ORG)

### GYM REIMBURSEMENT PROGRAM RENEWED FOR 2019

The East End Health Plan Trustees are pleased to announce that the Gym Reimbursement Program has been renewed for the calendar year 2019. This year's program will provide an annual reimbursement of up to \$300.00 per member, including dependents over the age of 18. The program is split into two benefit periods; Period 1 is for January 1, 2019 to June 30, 2019 for reimbursement of \$150 per member/dependent over the age of 18. Period 2 is for July 1, 2019 to December 31, 2019 for reimbursement of \$150 per member/dependent over the age of 18.

The 2019 Program criteria is the same as the prior year, which includes:

1. Approved facilities **must** offer/have in place: regular cardiovascular, flexibility and/or resistance training exercise programs/classes, staff oversight and a membership agreement.
2. You must visit the Gym a minimum of 50 visits per benefit period.
3. Only one workout session may be logged per 24-hour period. There must be at least 8 hours between sessions.
4. You must submit verification from the Gym, certifying the date and time of each of the required 50 visits.
5. You must provide proof of the Gym Membership cost.
6. You must submit your Gym Reimbursement Form and required supporting documentation no later than 90 days following the end of each benefit plan year.

You will receive an additional mailing from BlueCross/BlueShield in the upcoming weeks that will provide more detailed information regarding the program, including the necessary forms to be submitted. These forms are also available on the East End Health Plan BC/BS website at [www.empireblue.com/eehp](http://www.empireblue.com/eehp).

The following additional information is provided for clarification regarding the program's qualifying fitness centers, exclusions and limitations:

- Facilities must be open to the public.
- The following services and activities do not qualify: rehabilitation services, physical therapy services, country clubs, social clubs or sports teams and leagues.
- Fees or dues incurred for participating in aerobic/fitness activities, personal training, lessons (e.g., tennis and swimming), courses, HOA fees, coaching and exercise equipment or clothing purchases from a **non-qualified** facility are **not** eligible for reimbursement.

\* See the Empire Exercise Rewards Gym Reimbursement brochure that you will be receiving from BlueCross/Blue Shield for additional information.



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## WELLNESS PROGRAMS OFFERED THROUGH BLUECROSS/BLUE SHIELD

### Healthy Lifestyles

Healthy Lifestyles is designed to help guide and facilitate support to members for making healthy lifestyle changes in the following key areas:

Tobacco Use	Stress Management	Depression
Weight Management	Healthy Eating Habits	Medication Adherence
Exercise/Fitness	Self-Care Tips	Appointment Adherence

Members initiate the program by completing Real Age Assessments.

Members earn points for program activities and can redeem points for merchandise.

Call **(877) 252-8410** to get started.

### LiveHealth Online

This program provides easy and convenient access to the care you need, when you need it. You are provided the ability to connect to an in-network, board certified doctor 24 hours a day, 7 days a week and 365 days a year. Doctors can send prescriptions to the pharmacy of your choice, if deemed medically necessary.

Additionally, you can speak directly with an in-network, licensed Therapist or Board Certified Psychiatrist. Appointments are available 7 days a week, including nights and weekends.

You are **only** responsible for the normal \$20 copay. All other costs incurred are covered by the Plan.

To find out more or to sign up, go to **www.livehealthonline.com**

### 24/7 NurseLine

The 24/7 NurseLine provides access to a registered nurse over the phone 24/7, anytime, anywhere for assistance or just to hear a reassuring voice. The program helps members to understand their symptom(s), medical condition(s) or their prescribed course(s) of treatment as well as ensures members have access to the optimal care in the appropriate setting.

#### Program features include:

- A Skilled Clinical Team - RN Licensed
- Bilingual RN's, Language Line and Hearing Impaired Services
- Immediate Physician Support - as needed
- Comprehensive Audiohealth Library

For additional information, call **(877)-825-5276**

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