

## Health & Wellness / Fitness Program Reimbursement Form

As a member of Alterwood Advantage, you have access to our Health & Wellness / Fitness Program. Alterwood Advantage will reimburse you up to \$150 annually towards to the purchase of:

- Purchase of an activity/fitness tracker (ex: Apple Watch, FitBit)
- At-home Fitness Equipment (ex: free weights, treadmill, stationary bike, resistance bands)
- Participation in instructional fitness classes (ex: Yoga, Pilates, Zumba, spin class)
- Membership to a gym of fitness facility that provides cardiovascular and strength training exercise equipment

### What you'll need to receive a reimbursement:

- This completed reimbursement form
- Proof of payment (like a copy of your receipt)
- Services or purchase must be after your effective date with Alterwood Advantage and must be within the 2023 plan year

### Where to send the completed form:

- Mail the completed form and proof of payment to:  
Alterwood Advantage  
Attn: Member Reimbursement  
PO Box 4175  
Timonium, MD 21094
- Email the completed form and proof of payment to: [FitnessProgram@AlterwoodHealth.com](mailto:FitnessProgram@AlterwoodHealth.com)

Member Information		
Member Name:	Member ID:	
Reimbursement Information		
Date of Service:	Service or Item Purchased:	Amount Paid:
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Items not covered under this benefit include but are not limited to outdoor recreational equipment (bicycles, bowling balls, golf clubs, rollerblades, skates, skis), recreational clubs, gun clubs, country clubs, golf courses, lodging, meals, vitamins, and supplements.

You can submit multiple reimbursement forms, but you will be responsible for all costs above \$150 per year. Reimbursement requests must be received by March 31, 2024 for processing. We are unable to process any 2023 reimbursements after this date.