

2026 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 members up to their plan's annual benefit maximum. Eligible products/services include:

- Purchase of an activity/fitness tracker (ex: FitBit, Whoop, Oura Ring, or other fitness dedicated devices that tracks the number of steps and heart rate, does NOT include smart watches such as an Apple Watch)
- 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 or fitness facility that provides cardiovascular and strength training 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 2026 plan year

Where to send the completed form:

- Mail the completed form and proof of payment to:
Alterwood Advantage
Attn: Member Reimbursement
10090 Red Run Blvd, 2nd Floor
Owings Mills, MD 21117
- Email the completed form and proof of payment to: 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 workout shoes or clothing, 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 the plan covered amount. Reimbursement requests must be received by March 31, 2027 for processing. We are unable to process any 2026 reimbursements after this date.