

SVRHT Wellness Benefits and Incentives



Blue Cross Blue Shield

Fitness Benefit- BCBS members are entitled to reimbursement for up to \$150 per calendar year for qualified fitness centers.

Health New England

Fitness and Weight Loss Benefit-HNE reimburses \$150 per family, per year for: qualifying fitness club membership; personal trainer fees; aerobic/wellness classes; school and town sports registration fees or for Weight Watchers® or a hospital-based weight loss program.

For the Medicare Advantage plan, HNE offers an allowance of \$150 per calendar year for joining a Fitness Club or Weight Watchers® or for certain Safety Items.

SVRHT Wellness Program Incentives

Smoking Cessation

"Quit Smoking Your Way and We'll Cover the Cost"- Employees and their family members can have smoking cessation related expenses, such as medical copays, waived and earn up to \$100 in gift cards for staying quit. In addition, SVRHT hosts a FREE Nicotine Patch Giveaway each January.

Colonoscopy

Throughout the year a limited number of employees can earn \$100 for scheduling and completing their first colonoscopy.

Weight Watchers

SVRHT Wellness awards a \$25 Gift Card to all who reach their goal weight at Weight Watchers.

Longmeadow Parks and Recreation Department Discount- Employees receive a 40% discount on all LPRD wellness-related programs. See LPRD.net for programs.

LOCAL FITNESS CENTER DISCOUNTS

Healthtrax – 30% membership discount to all municipal employees

Scantic Valley YMCA-20% discount off of the regular monthly membership rates and 50% off of the joiner's fee.