



SVRHT-Insured employees

Blue Cross Blue Shield - BCBS members are entitled to reimbursement for up to \$150 per calendar year for qualified fitness centers and \$150 per calendar year for WW® & other weight loss programs.

Health New England - Reimburses \$200/ind, \$400/family, per year for: qualifying fitness club membership; personal trainer fees; aerobic/wellness classes; school and town sports registration fees; CSA farm shares and up to \$150 per calendar year for Weight Watchers®.

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

Tufts - Up to \$150 per calendar year for fitness center membership; \$150 per calendar year for a weight loss program.

Wellness Works! Points Program BCBS, HNE, Tufts Subscribers and spouses (including retirees) through Scantic Valley Regional Health Trust can earn up to a \$200 (BCBS). \$150 (HNE and Tufts) gift card for participating in various activities.

CanaRx Money-saving program for brand name prescription medications. For more information, call 1-866-893-6337 or go to www.SVRHTCanaRx.com. For additional information, [click here](#)

Good Health Gateway Diabetes Care Rewards Program Voluntary program to receive diabetes medications and supplies for \$0 co-pays. Call 1-800- 643-8028 or visit www.GoodHealthGateway.com for more information.

MyTelemedicine A convenient and free solution for medical care. As a member, you now receive access to a national network of U.S. board-certified doctors who are available 24/7/365 to treat many of your medical issues by video, phone or email <https://www.mytelemedicine.com/>

Programs in **red** are available to all employees and family members who get their insurance through the Scantic Valley Regional Health Trust

EVENTS: "Maintain Campaign" Our yearly commitment to support everyone's effort to keep our weight in check during the holiday season. It involves a weigh-in before Thanksgiving and a weigh-out after the New Year. Weekly emails containing tips to stay on track are sent to all participants. Everyone who stays within 2 pounds of their weigh-in weight will be entered into a drawing for various incentive gifts. SVRHT Wellness Program Incentives

Numerous additional webinars, challenges, and healthy activities will be available to all employees throughout the year. Watch for information in the monthly newsletters and staff emails. Many programs will have gift card raffles and other raffle prizes for participation.

Smoking Cessation* "Quit Smoking Your Way and We'll Pay"

Benefitted/benefit-eligible employees and their spouses can have smoking cessation-related expenses waived and earn up to \$200 in gift cards for staying quit. You must register for this program and schedule verification appointments in order to receive incentives.

Wellness Works! Points Program Employees who do not get health insurance through work can earn up to 10 chances in a raffle for incentives for participating in various activities.

If you have an idea that you would like to see become part of the wellness program, please let us know! Our program gets better when you are engaged!

For more information on any of the programs offered by the SVRTH Wellness Program, please contact Marcy Morrison - Marcy@scantichealth.org or call 617-431-6651

Colonoscopy * Benefitted/benefit-eligible employees and spouses can earn \$100 for completing a preventive screening colonoscopy (once every 5 years maximum).

Community Discounts Longmeadow Parks & Recreation, East Longmeadow Recreation Department and Hampden Parks & Recreation Benefitted/benefit-eligible employees receive a 40% discount on most adult fitness programs/classes. Receive discount upon registration.

Local Fitness Center Discounts**

ATTAIN Therapy and Fitness (East Longmeadow) – 15% discount for first responders; 10% discount for school and town employees for adult strength and conditioning classes.

Blue Diamond CrossFit (80 Denslow Road) in East Longmeadow offers a 20% discount for Military, Police, Fire, Teachers and Students (with valid ID)
Century Fitness (East Longmeadow) – Twelve-month membership with no start-up fee for \$19.99 per month.

Glenmeadow Retirement Community (Longmeadow) - \$10 off monthly Lifestyle Pass for ages 62 and over.

Healthtrax (East Longmeadow) - \$10 off per month with yearly membership.
PureBarre (East Longmeadow/Northampton) – 10% off monthly packages and clothing.

Scantic Valley YMCA (Wilbraham) - 50% off of the joiner's fee and 20% discount off of the regular monthly membership rates. **Please tell staff that you are a town employee when purchasing membership

For more information, please see our website, www.scantichealth.org or contact Marcy Morrison - Marcy@Scantichealth.org 617-431-6651
Like us on Facebook! <https://www.facebook.com/scanticvalleywellness/>

Offers in **purple** are also available for all benefit-eligible employees, even if you don't have town/school insurance.