

WOW! Healthy Payback Reimbursement Form



All MaineHealth employees are eligible for Healthy Paybacks, put dollars back in your pocket for participation in health and wellness activities. Program 2, between July 1, 2021 – December 31, 2021, you are eligible for up to \$100 reimbursement for participating in qualified wellness programs in any category below.

General Wellness:

- CSA
- Fitness
- Health Education

Additional Paybacks:

- Weight Management
- Stress Management program

Participate in or pay for activity:

July 1, 2021 – December 31, 2021

Submit Form & Proof of Payment by:

December 31, 2021

Receive Payback:

Rolling monthly reimbursement

Late forms will not be accepted. Must be actively employed at time of payment. Payment is taxable.
Programs must meet eligibility requirements. Forms must be filled out completely to be considered eligible for reimbursement.

Name _____

Phone _____

Email _____

Member Organization _____

Lawson ID # _____

Department _____

Today I am submitting for the following - check all that apply:

General Wellness (see attached)

Program Name: _____

110 Free Street Fitness Facility

Site Contact Signature: _____

Weight Management Program

Program Name: _____

Stress Management

Program Name: _____

In order for your Healthy Payback to be processed, you must include proof of payment along with this completed form.

I certify that the above information is valid and that I have provided proof of payment.

Date: _____

Send completed forms to the HR Solution Center by December 31, 2021:

Fax: 207-661-9145 (If sending from a number preceded by 661, 662 or 396, you may not have to dial "9")

ASK HR: Click on the ASK HR icon located on your MaineHealth Desktop to submit your form electronically. If you are not on a MaineHealth computer, go to www.mainehealth.org/employees/hr-solution-center.

Please retain a copy of this form for your records. Questions? Call 207-661-4000



WOW! Healthy Payback Examples

The examples below represent approved activities for the 2021 WOW! Healthy Paybacks. If you do not see your activity listed, please call us at 207-661-4000 to see if it is eligible.

General Wellness

- Community Supported Agriculture shares (any item except alcohol)
- Health education classes (healthy cooking, sleep, chronic condition, health coach, etc.)

Fitness

- Fitness / gym membership (includes classes such as cycling, yoga, kickboxing, etc.)
- Recreational sports teams (e.g. soccer, softball, MH Track, bowling leagues)
- Online fitness memberships (e.g. Beach Body, Peloton, mobile applications)
- Season passes / memberships (e.g. golf & ski resorts)
- Horseback riding
- Registration / entry fee (e.g. 5k, 10k, Mud Run, etc.)
- If you are a member of the MaineHealth Fitness facility at 110 Free St., please see your on-site contact for a reimbursement form

Weight Management

- Weight Watchers
- Jenny Craig
- Nutri-System
- Take Off Pounds Sensibly (TOPS)
- Online Weight Management Programs

Stress Management

- Stress Free Now and Go! To Sleep online program (offered by Cleveland Clinic)
- Mindfulness and stress reduction mobile applications
- Massage

Not Eligible

- Parenting classes
- Childbirth education
- Nutrisavings
- Personal items and equipment you purchase such as DVDs, exercise equipment, gear and fitness game systems
- Charitable donations
- Activities covered by the MaineHealth health plan or the flexible spending account reimbursement, even if you do not participate in the health plan or FSA
- Certifications, CEU programs or other classes covered by tuition assistance
- Programs that require the purchase of supplements or other prescribed weight loss aids
- Activities that you do not pay for such as teaching exercise classes or walking outside

Healthy Paybacks Submission Reminder:

Participate in or pay for activity:
July 1, 2021 – December 31, 2021

Submit Form & Proof of Payment by:
December 31, 2021

Receive Payback:
Rolling monthly

Late forms will not be accepted. Must be actively employed at time of payment. Payment is taxable. Programs must meet eligibility requirements. Forms must be filled out completely to be considered eligible for payment.

Need Assistance: Call the HR Solution Center at 207-661-4000 or click on the ASK HR icon on your MaineHealth Desktop