Empower your new year’s health goals and get rewarded. Anytime in 2014, you can get up to $100 after you complete one of the Wellness Reimbursement Program activities.

1. Log on to your GHCMyChart℠ account.
   From the left-hand navigation menu, select “WebMD,” then “Wellness Reimbursement” to get started.

2. Complete the online Wellness Reimbursement Program Form.
   Once you’ve completed any of the activities, complete the Wellness Reimbursement form. Upload the required proof of participation and/or proof of payment.

3. Submit for reimbursement.
   Once we verify your submitted materials, we’ll mail your Wellness Reimbursement in the form of a preloaded Citibank Visa debit card, which can be used anywhere debit cards are accepted as payment. These will be sent in $50 and $100 increments.

Steps to Complete Your Wellness Reimbursement Program Form

1. Log on to your GHCMyChart℠ account and click on the WebMD icon.
   You must register with WebMD for reimbursement.
   • Don’t have GHCMyChart℠? Visit ghcschw.com and click Register & Activate within the GHCMyChart℠ section to get started.
   • First time visiting WebMD Health Manager? Log into GHCMyChart℠ and select “WebMD” to register.

2. Complete the online Wellness Reimbursement Program Form.
   • Select which Wellness Reimbursement activity you completed from the drop-down menu.
   • Make sure activity criteria is met by filling in your activity details.
   • Upload required proof of participation and/or proof of payment.

3. Submit for reimbursement.
   • You will receive an e-mail with your submission details and confirmation that we received your materials.

Each activity is worth a specific amount that will translate into dollars in the form of a Citibank preloaded debit card. These will be issued when you reach $50 and/or $100 (for a maximum reimbursement amount of $100 per person).
1. **Why go through GHCMyChartSM?**
   GHCMyChartSM is a private, secure hub for online tools at GHC-SCW. GHCMyChartSM also allows you to review your personal health record if you visit a GHC-SCW clinic.

2. **Who do I contact for questions?**
   Call Quality Management at (608) 662-4903 or email qmanagement@ghcschw.com.

3. **Who is eligible for the Wellness Reimbursement Program?**
   All enrolled GHC-SCW members (age 18 and older) are eligible to participate in the Wellness Reimbursement Program.

4. **Will GHC-SCW reimburse for internet-based weight management programs?**
   Yes, GHC-SCW will reimburse you for Weight Watchers and Jenny Craig internet-based weight management programs. Other internet-based weight management programs are not covered at this time.

5. **Can I submit a reimbursement for the food and meal cost of my weight loss program?**
   No, reimbursement does not include food, supplements, or medication and can only be applied to membership dues or registration fees of an approved GHC-SCW program.

6. **How much can I be reimbursed? How much can my family be reimbursed?**
   GHC-SCW will reimburse each member 18 years of age a maximum of $100 per calendar year.

7. **What is the deadline to turn in my reimbursement form?**
   Services must be obtained during the calendar year; the deadline for submitting a reimbursement is December 31st of that calendar year. You may submit for reimbursement, as soon as, requirements are met. Reimbursements are issued in increments of $50 and/or $100.

8. **Can I submit for more than one reimbursement activity?**
   Yes, members may submit reimbursement for one or more activities at a time. Each activity is worth a specific amount that will translate into dollars in the form of a preloaded Citibank debit card. These will be issued when you reach $50 and/or $100 (for a maximum reimbursement amount of $100 per person).

9. **How long will it take for me to receive my reimbursement?**
   Due to the overwhelming response to our Wellness Reimbursement Program, please allow 45 days for us to process your reimbursement request.

10. **Does my fitness center or health club have to be approved?**
    No. As long you are a member of a fitness center or health club you are eligible for reimbursement.

11. **Are their GHC-SCW approved doulas? Or can I see any doula?**
    Yes, members may only receive reimbursement for doula services from doulas that are listed on the dona.org website. At this time we are not accepting reimbursement requests for other doulas.

12. **How do I complete my Health Risk Assessment?**
    To take the HRA, log in to your WebMD account. Use WebMD HealthQuotient® to complete the online wellness questionnaire. Your completed wellness questionnaire is automatically tracked. For those members who are required to complete a HRA by their employers, you will get credit for both the GHC-SCW Wellness Reimbursement Program activity AND your employer wellness program.

13. **What happened to the Athletic Shoe Reimbursement?**
    With the program transitioning to WebMD, WebMD cannot support that type of reimbursement. However, you are still eligible for a discount at any of the following retailers: Movin’ Shoes, Catalyst, Berkeley Running Company, Endurance House, and Fleet Feet.

14. **What are considered Community Events?**
    Any race or walk you participate in around the country. Just submit your proof of registration.