



WCA GROUP HEALTH TRUST

WCA Group Health Trust covers the following wellness incentive services in 2019:

<ul style="list-style-type: none"> <li>• Health Club Membership•</li> </ul> <p>(example: Snap Fitness, Anytime Fitness, YMCA, Plant Fitness, etc.)</p>	
<ul style="list-style-type: none"> <li>• Yoga Studio Classes</li> </ul>	<ul style="list-style-type: none"> <li>• Marathon/5K Run</li> </ul>
<ul style="list-style-type: none"> <li>• Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Weight Watchers Classes (not online)</li> </ul>
<ul style="list-style-type: none"> <li>• Fitness Tracker (Examples: FitBit, Pedometer, Garmin)</li> </ul>	<ul style="list-style-type: none"> <li>• Zumba/Pound/CrossFit</li> </ul>

WCA Group Health Trust does not cover the following wellness incentive services in 2019:

<ul style="list-style-type: none"> <li>• Swim Lessons</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional Supplements/Classes/Food</li> </ul>
<ul style="list-style-type: none"> <li>• Beach Body on Demand</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise Videos/Equipment</li> </ul>
<ul style="list-style-type: none"> <li>• Self Defense Classes</li> </ul>	<ul style="list-style-type: none"> <li>• Online Services for Wellness</li> </ul>
<ul style="list-style-type: none"> <li>• Child Sport activities</li> </ul>	<ul style="list-style-type: none"> <li>• Racquetball Club or Golf Memberships</li> </ul>
<ul style="list-style-type: none"> <li>• Kickboxing Classes</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Counseling/Programs</li> </ul>
	<ul style="list-style-type: none"> <li>• School/College Activities/Facility Fees</li> </ul>

**Disclaimer:** The information contained in this letter is for general information purposes only. It is not to be construed as an all-inclusive list and is subject to change without notice.

**Reminder:** Reimbursement checks are issued from UMR and are attached to the bottom of your Explanation of Benefits you receive from UMR in the mail, not the WCA GHT. It takes 2-3 weeks to receive these reimbursement checks.

If you have questions about what is covered or not, please contact Amy Wald at 1-800-236-6885.

Thank you!  
WCA Group Health Trust