

HEALTHY LIFESTYLE BENEFIT LIST

This benefit is subject to the approval of the Group Health Committee. Approved items include:

Gym Membership		
Massage Therapy		
Fishing & Hunting Licenses		
Weight Loss and Nutritional Counseling		
Wellness Education Classes		
Ancillary Medical, Dental & Vision Expenses After the applicable deductible has been met, Covered Members may use this benefit to cover additional medical, dental and vision expenses. Example: 3 rd dental cleaning; purchase of frames; additional expenses associated with a physician visit, labs, x-rays, medical equipment.		
Electronic Devices The primary function of the device must be for health tracking, such as a Fitbit or pedometer. Smart Phones, Smart Watches, Music Devices and Headphones are not covered items.		
Lessons, Registration, Passes and/or Membership Fees for Activities that Promote a Healthy Lifestyle Equipment, clothing and shoes for these activities are <u>not</u> covered. This list is not all inclusive. Additional activities may be approved as determined by the City of Sparks Group Health Committee.		
Archery	Baseball	Basketball
Bowling	Boxing	Cheerleading
Dancing	Golf	Gymnastics
Horseback Riding	Ice Hockey	Football
Fencing	Field Hockey/Lacrosse	Flag Football
Kick Ball	Karate & Martial Arts	Dodgeball
Marching Band	Skating, all types	Swimming
Skiing	Spinning	Running
Soccer	Softball	Skateboarding
Shooting	Rodeo	Tennis
Track & Field	Volleyball	Water Sports
Wrestling	Winter Sports	Weight Lifting

Covered Members age 6 and over, receive up to \$150.00 per calendar year. A receipt must be provided for reimbursement.

A Healthy Lifestyle Reimbursement form must be submitted to UMR and can be found on the City's website.

A check will be mailed to the Covered Member or Covered Adult Dependent.

Claims not considered to be medical, dental or vision coverage, will be subject to taxes per the IRS guidelines.

If a Healthy Lifestyle Claim is denied, and you wish to appeal the activity or item, you must present to your Group Health Committee Representative for consideration at the next scheduled Group Health Meeting.