

Health Education Classes

Health classes can help you optimize your health. As part of your PacificSource medical coverage, you may be able to participate in health education classes and receive reimbursement.

How does this work?

The program will reimburse eligible PacificSource medical members up to a maximum of \$150 per member per plan year for health and wellness classes. Covered dependents are also eligible for this program.

Check with your local hospital or organization to see what health and wellness classes they offer.

Our Customer Service Representatives are happy to help you determine if the class you'd like to attend is eligible for reimbursement.

How do I get reimbursed?

After you've taken a class, just complete and mail in our reimbursement request form (on the back of this flier). The reimbursement will be paid directly to you.

Are there any limitations?

You must be an eligible and enrolled PacificSource member at the time of class registration and when the class begins to qualify for class reimbursement.

Reimbursement may include:

- Health education and wellness classes taught by a licensed or certified instructor
- Classes that promote and maintain health and well-being, enhance quality of life, and recognize individual desires to remain active, productive, and independent. These types of classes may include:
 - First aid/CPR
 - Nutrition
 - Prenatal classes
 - Any class that is offered at a hospital
 - Cardiology services education (includes CPR and first aid)
 - Childbirth and parenting education, including baby sitter first aid/CPR (member only), sibling class, "Caring for your new brother or sister" class
 - Condition management (diabetes, cancer, arthritis, asthma, and more)
 - General health and wellness
 - Weight, health, or nutrition classes
 - Stress management (includes yoga, tai chi, pilates)
 - Health education, wellness, activity classes that do not require a membership to attend

Idaho

Direct: (208) 333-1596
Toll-free: (800) 688-5008

Montana

Direct: (406) 442-6589
Toll-free: (877) 590-1596

Oregon

Direct: (541) 684-5582
Toll-free: (888) 977-9299

TTY

Toll-free: (800) 735-2900

En Español

Direct: (541) 684-5456
Toll-free: (800) 624-6052 ext. 1009

Email

cs@pacificsource.com

PacificSource.com



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Reimbursement excludes:

- Punch card for drop-in gym time
- Classes that require a gym, health club facility, or parks and recreation membership
- Gym membership fees or health-center membership fees (for example, YMCA, recreation center membership, Curves, Golds Gym, 24 Hour Fitness)
- Advance payment for a class (Reimbursement for classes purchased in advance will not be paid until the month the class is offered.)
- Sports league fees, sports fees
- Employer-required training courses
- Employer reimbursement

Questions?

Contact Customer Service at (888) 977-9299, or email cs@pacificsource.com.

Find information online at PacificSource.com/health-education.

Reimbursement Request Form

Please attach a copy of your class payment receipt. Mail your receipt and this completed form to:

PacificSource
Attn: Claims Department
PO Box 7068
Springfield, OR 97475

Or fax it to:

(541) 225-3632
Attn: Claims Department

Member Information

| | |
|------------------|---------------------|
| Member name: | PacificSource ID #: |
| Date of birth: | Group #: |
| Home phone #: | Email address: |
| Mailing address: | |

Class Information

| | |
|-----------------------|-------------------|
| Organization name: | |
| Organization address: | |
| Class name: | |
| Class cost: | Class start date: |