

Wellness Benefits

Health & Welfare Trust Fund
International Union of
Operating Engineers
LOCALS 877 AND 70

FITNESS BENEFIT

Annually, each participant is entitled to **\$400** toward activities related to improving physical fitness. This benefit is designed to reimburse for the costs associated with qualifying facilities or activities including: fitness studios/facilities that offer: Yoga, Pilates, Zumba, aerobic classes, indoor cycling classes, kickboxing, CrossFit, strength training, tennis, indoor rock climbing, and personal training taught by a certified instructor. Also included is reimbursement of fees for fitness classes, school, town, or league sponsored sports programs, ski lift tickets and season passes, road race fees, and sports camps. *Please note that supplies, uniforms, and equipment do not qualify for reimbursement.*

ALTERNATIVE BENEFIT

Annually, each participant is entitled to **\$500** toward alternative medicine. This benefit was created to encourage members to seek out alternative care when needed and offer reimbursement for services that are typically not offered as covered benefits in other health plans. **The following services qualify for reimbursement under this benefit:** massage therapy, acupuncture, acupressure, homeopathy, naturopathy, weight loss program fees, smoking cessation. *Please note that vitamins/supplements, foods, and other supplies are not eligible for reimbursement.*

SMOKING CESSATION

The Fund offers coverage for many smoking cessation products or services. We want to help you succeed in your efforts to stop using tobacco products!

Pharmacy benefit: Products such as the patch, gum and lozenges, nasal sprays, inhalation systems, and several prescription medicines are available at no cost to you through the pharmacy.

Medical benefit: Tobacco cessation counseling and classes are covered under the medical plan.

Alternative benefit: This benefit may be used toward the costs of services not otherwise covered such as hypnosis.

Cigarette substitutes such as e-cigarettes and vaporizers are not eligible for reimbursement.

HEALTH COACHING

Trestle Tree is a program to help members manage their health. Whether you had a recent set back in your health for which you could use some guidance managing, want to start a fitness program, or need some extra encouragement in reaching your health and fitness goals Trestle Tree can help! Your communication with a Trestle Tree trained professional is completely confidential and there is **no cost to you**. Contact Trestle Tree directly at 866-234-4635 to schedule an appointment.

DEDUCTIBLE WAIVER PROGRAM

To encourage members to visit the doctor annually, the Fund will waive the annual in-network deductible for those who have their annual check-ups in the previous year.

When you, the policyholder, have your annual routine physical the waiver of deductible is applied for you and any covered dependents. **You are not required to take any further action.**

The waiver will apply to the following calendar year, so if you have your annual routine physical this year, your full \$500 family in-network deductible will be waived next year.

Please note, this waiver does not apply to the out-of-network deductible.

Submitting for Reimbursement

There are 2 simple ways:

1. Visit hpitpa.com and log into My Plan, select the link to My Online Forms, select General Reimbursement and follow the instructions to complete the form and upload your receipts.
2. Mail the Reimbursement Request form and your receipts directly to Health Plans. Find the form on our website or call us to have one mailed to you.