



With MercyCare's Stay Healthy Benefit, it pays to be a member!

## Helping you stay healthy

Recognizing the fact that taking better care of yourself now ensures fewer problems in the years to come, MercyCare Health Plans offers the Stay Healthy Benefit program to our members. This program gives members the opportunity to be reimbursed \$25 in qualified expenses resulting from the participation in a fitness and/or wellness program. Examples of qualified expenses include: adult physical fitness, wellness and lifestyle programs such as smoking cessation or weight loss, and health club memberships. Behavior modification classes are also qualified expenses. Class schedules can be obtained by calling Mercy Cardiac Fitness Center at (608) 755-7996.

Additional programs are considered. However, the program must contribute directly to the member's physical health. Each eligible member can receive a maximum reimbursement of \$25 per policy year.

The enclosed form must be completed and submitted to MercyCare, along with a receipt of payment, cancelled check or bank draft, showing the amounts charged and the amount(s) paid. If bank drafts are used, please submit the number of drafts necessary to equal the reimbursement level total. Program applications, contracts or brochures are not acceptable proof payment for this benefit. Please ensure this form is completed in its entirety to ensure prompt processing and reimbursement of the claim.

Call our customer service department at (800) 895-2421 with any questions regarding the Stay Healthy Benefit program.

Member name:

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Home phone:

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Group ID#:

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Member ID#:

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Program name/title:

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Program/class participation dates:

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**Please return completed form:**

Mail: MercyCare Health Plans

PO Box 550

Janesville, WI 53547-0550

or

Fax: (608) 752-3751

Email: [mcare@mhemail.org](mailto:mcare@mhemail.org)