



# LIFESTYLE EDUCATION/TOBACCO CESSATION PROGRAM OVERVIEW & REQUEST FOR REIMBURSEMENT FORM

## PURPOSE:

The purpose of this Lifestyle Education Reimbursement Credit is to encourage participation by Medical Plan Members in **educational** classes and programs. These programs provide members with an opportunity to gain knowledge and skills, with the intention of improving or maintaining personal health and well-being, including, but not limited to:

- °weight management
- °disease prevention
- °smoking cessation
- °nutrition
- °stress management
- °emotional health
- °chronic disease management
- °financial health

## NEW IN 2019:

**Foogal:** An app that helps you eat healthier by making preparation and cooking processes easy, fun, and engaging.

**2019 CSU Youth Sport Camps:** The Youth Sport Camps are an eleven-week day-camp program of sports activities for **children between the ages of 5 and 13.**

**28 Day Fitness & Nutrition Transformation Challenge:** Keep shifting the mind upwards!

**12-Week Fitness Training and Nutrition Program:** Strive for Progress, Not Perfection.

**Source Endurance:** A 12 week indoor cycling program in a fun and motivating environment from the comfort of your own bike.

**IOME:** Guilt free self-care for employees and their families, giving you access to bettering your **Mind, Body and Soul.** Offers one on one coaching, discounted massages, gym memberships and more!

**Fit Cancer Program:** A supportive group-based exercise program designed for cancer survivors at any stage.

**Intensive Dietary Management Coaching Program:** An online coaching program to naturally treat weight and other metabolic related issues such as type 2 diabetes.

## GENERAL REIMBURSEMENT CRITERIA:

- Be developed based on established best practices in the field of health promotion and ideally developed by health professionals with a minimum 4-year bachelor's degree in one of the following areas as related to reimbursement requested: Health Promotion, Public Health, Dietetics, Nursing, Exercise Science, Community Health, Physician Assistant, Medical Doctor, Psychology, Counseling, Behavior Change/Smoking Cessation, or a related field.
- Be taught, at least in part, by a health professional with a minimum 4-year bachelor's degree in one of the following areas: Dietetics, Health Promotion, Public Health, Nursing, Exercise Science, Community Health, Physician Assistant, Medical Doctor, Psychologist, Counseling, Behavior Change, or a related field. Exception: Should a class be taught by an experienced instructor without the above credentials, it can qualify for the reimbursement only if class content was developed by a health professional and follows best practices. (i.e. Weight Watchers Meetings)
- All programs are subject to review

## LIFESTYLE EDUCATION

### AMOUNT OF REIMBURSEMENT:

Medical Plan Members can be reimbursed up to \$500 per Calendar Year for Lifestyle Education through this credit.

### GUIDELINES FOR WEIGHT MANAGEMENT PROGRAMS TO BE ELIGIBLE FOR REIMBURSEMENT

- Slow, steady weight loss is emphasized, approximately 1-2 pounds weight loss per week
- There is no list of forbidden or "bad" foods
- There is no promotion of specially formulated foods or vitamin supplements. Not cost-effective and not practical for long term use
- Balanced food choices from all food groups are emphasized, as well as sensible portion sizes and physical activity
- Establishing lifelong health habits is emphasized
- Information regarding the health risks and program side-effects is provided
- Physical activity may be included as a component of a comprehensive program, i.e. personal training
- Documented success, as evidenced by program outcomes

### EXCLUSION LIST (not all inclusive): ITEMS NOT ELIGIBLE FOR REIMBURSEMENT THROUGH THIS CREDIT:

- Co-pays or other member/patient financial responsibility for medical, vision or prescription claims
- Individual or Group Physical Activity or Fitness Classes (i.e. Zumba, Nia, Pilates, Yoga, Body-shaping, Cross fit), or other exercise programs that are exclusively focused on physical activity, and Gym Memberships. Note: physical activity may be included as part of a comprehensive weight management program, subject to review and approval for reimbursement.
- Physical Activity Event Registration Fees
- Safety Classes
- Personal Training, Counseling, or Wellness Coaching
- Food, supplements, dietary aids, optional resources, or any non-educational components of class/program
- Metabolic Research Center, Slimgenics

## TOBACCO CESSATION

### SPECIFIC REIMBURSEMENT CRITERIA:

- Program must be a minimum of four (4) weeks in length
- Program must contain a minimum of four (4) classes
- Program must contain an evaluation to identify behavior change and/or change in health risk.
- Tobacco cessation classes are limited to employee and spouse only

### EXCLUSION LIST: ITEMS NOT ELIGIBLE FOR REIMBURSEMENT THROUGH THIS CREDIT:

- Smoking cessation products, such as Nicorette gum, Nico Derm CQ patches and Commit lozenges. These are available with prescription through your pharmacy benefit at a \$0 copay.
- Hypnosis is not eligible for reimbursement.



The following programs have been reviewed, and have been deemed eligible for reimbursement:

Program Name	Brief Description	Contact Info
<b>Foogal</b>	Foogal is an app that will help people eat healthier by making the preparation and cooking processes easy, fun, and engaging, Foogal is designed to positively change people’s eating behavior, resulting in better health and lower healthcare costs. Foogal keeps track of the foods purchased by the user from a Foogal supermarket partner and their associated nutritional values. Using machine learning, Foogal will provide the consumer with a personalized nutrition report and incentive plan that awards Foogal points. Foogal provides delicious chef designed recipes and step by step detailed instructions to prepare and cook your meal.	Website: <a href="https://www.foogal.com/">https://www.foogal.com/</a>
<b>2019 CSU Youth Sport Camp</b>	The Youth Sport Camps are an eleven-week day-camp program of sports activities for <b>children between the ages of 5 and 13</b> . The <b>2019 camp season runs from May 28 – August 16</b> . Camps run from <b>8:30 a.m. – 4:30 p.m. Monday-Friday</b> . One-week sessions are offered in <b>baseball/softball, basketball, field sports, inline hockey, lacrosse, soccer, volleyball</b> . Featured: <b>FunLIFE</b> (Learning to Improve Fitness and Eating) camp which combines sports and physical activity with healthy lessons and curriculum.	Website: <a href="https://www.chhs.colostate.edu/hes/outreach-and-engagement/youth-sport-camps/">https://www.chhs.colostate.edu/hes/outreach-and-engagement/youth-sport-camps/</a> Registration forms available by calling UMR customer service or on the website above.
<b>12-Week Fitness Training and Nutrition Program</b>	Christi Sullivan is the founder of Loveland Yoga & Core Fitness and creator of Strength Yoga. She has created a 12-week program to get you oriented into fitness using barre or strength yoga. Her goal is to educate you, give direction and boost your confidence while seeing great results from your workouts. The 28 day challenge includes a one-month membership, nutrition, menus, grocery list, goals, assessments and daily emails.	Call for more info 970.292.8313 or send an email to Christi_sullivan@msn.com
<b>28 Day Fitness &amp; Nutrition Transformation Challenge</b>	Naturally balance blood sugar and helps eliminate cravings Supports hormone production and rebalancing; Improves fertility Improves Brain health; Improves memory and clear brain fog Improves digestion; Increases energy levels improves quality of sleep; Decreases anxiety and mood swings	Call for more info 970.292.8313 or send an email to Christi_sullivan@msn.com
SOURCE ENDURANCE Training Center of the Rockies  <b>12 Weeks to Fitness</b>	A 12 week indoor cycling program with differentiated engaging workouts. Social, fun and motivating environment you can enjoy from the comfort of your own bike. Includes a pre and post ramp test protocol for detailed training insights for your threshold, take home work- outs, training/nutrition tips, and articles via email. Average gain of 11% in FTP (Functional Threshold Power) when 90% of sessions or more are completed.	Website: <a href="https://source-e.net/training-center-of-the-rockies/">https://source-e.net/training-center-of-the-rockies/</a> 1833 E Harmony Rd Unit 20 Fort Collins, Colorado 80528 Email- <a href="mailto:zallison@source-e.net">zallison@source-e.net</a>
IOME: Discounted Self Care Services	IOME offers guilt free care directly to you, the employee! From one on one coaching to discounted massages, they cover it all. Feel the benefit consistent self-care will have on your life.	Website: <a href="http://www.iowemenowm.com">www.iowemenowm.com</a> 970-658-5598
DCPP/Diabetes Prevention Program and Diabetes Education	Registered Dieticians/Lifestyle Coaches (UC Health)	
Healthy You: Weight Management & Mindful Eating Program (CSU)	Interactive/In-Person-Online/Self-Paced classes. Participants receive program manual, pedometer, weekly snacks and prizes, and social support	Website: <a href="http://nutritioncenter.colostate.edu/programs-services/weight-loss.aspx">http://nutritioncenter.colostate.edu/programs-services/weight-loss.aspx</a>
Weight Watchers	Focuses on making healthy lifestyle changes to lose weight and maintain it. Encourages healthful habits, support, movement, and eating smarter.	Website: <a href="http://www.weightwatchers.com">www.weightwatchers.com</a>
Boot Camp	Physical activity education and group training, along with nutrition education, food journaling and support	Website: <a href="http://www.coremotion.fitness">www.coremotion.fitness</a> <a href="https://www.kristisbuilders.com/">https://www.kristisbuilders.com/</a>
Fort Collins Weight Loss, Weight Management Program	Includes individualized nutrition assessment, group education and support, focused on nutrition and lifestyle	Website: <a href="http://www.ftcollinsweightloss.com">www.ftcollinsweightloss.com</a>



Working Against Gravity (online)	Nutrition coaching based on flexible dieting (macro counting); targeted toward competitive weightlifters, and people who do Cross fit. Weekly coaching sessions; focus on overall well-being, including mood, sleep, and stress. No prohibited foods. There is also a Facebook group for participants to share recipes, share results, and interact with the coaches. Activity log available to document participation with submission for reimbursement.	<a href="mailto:info@workingagainstgravity.com">info@workingagainstgravity.com</a>
Curves Complete  Note: supplements, meal plans, etc., are NOT covered	A fully integrated, personalized weight loss and weight management solution that includes the Curves Fitness <sup>®</sup> program, a customizable meal plan and one-on-one coaching and support. Curves Complete can help reduce fat, increase lean muscle, boost metabolism and help dieters lose weight and maintain weight loss. Each Curves Complete Coach has completed a certification program developed in conjunction with Cleveland Clinic. Total Body Circuit Workout (strength training, cardio, stretching), experienced & professional coaches, one-on-one monthly coaching session, specialty fitness classes, supportive community of women.	Website: <a href="http://www.curves.com">www.curves.com</a>
Mayo: Right Weight for Life (online)	The Mayo Clinic Diet is the official diet developed by Mayo Clinic, based on research and clinical experience. It focuses on eating healthy foods that taste great and increasing physical activity. It emphasizes changing your lifestyle and adopting healthy new habits helps keep the weight off. A long-term weight management program created by a team of experts at Mayo Clinic that is designed to help you make simple changes that will result in a healthy weight that you can maintain for the rest of your life.	Website: <a href="https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/mayo-clinic-diet/art-20045460">https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/mayo-clinic-diet/art-20045460</a>
Stress Less with Biofeedback	Biofeedback training session will involve a review of skills and the teaching and practice of new self-regulation skills. <b>Note:</b> Biofeedback is ONLY covered under the Lifestyle Education Program	Website: <a href="http://www.fortcollinsbiofeedback.com">www.fortcollinsbiofeedback.com</a>
Mindfulness Based Stress Reduction	Counseling for individuals struggling with stress, anxiety and worry. MBSR (8-week course) and Koru Mindfulness (4-week course) are evidence-based courses that provide guidance on how to live life more fully.	Website: <a href="http://www.mindfulnessmattersinstitute.com">http://www.mindfulnessmattersinstitute.com</a>
Food for Life/Cooking for Cancer	Nutrition and cooking classes, choosing healthy food alternatives.	<a href="mailto:sapnavonreich@yahoo.com">sapnavonreich@yahoo.com</a>
CALM app	One year subscription (maximum reimbursement \$60.00)	<a href="http://www.calm.com">www.calm.com</a>
NOOM app	NOOM is an app-driven diet plan that provides motivation and professional guidance for users to make easy lifestyle changes on their own. Offers a personal health coach and nutrition plan.	<a href="http://www.noom.com/app">www.noom.com/app</a>
Foundations of Well-Being – Rick Hanson PhD (online)	Guided practices, talks and guest experts focusing on less stress, emotions and relationship building.	Website: <a href="http://www.rickhanson.net">www.rickhanson.net</a>
Chilson Recreation Center: Right Weight for Life	Access to walking/running groups, tools for stress management, food samples/recipes, nutrition coaching; handouts/weekly emails, weight management, increase your energy for work/home obligations, increase confidence in making consistent healthy choices, lose weight and keep it off	Mo Geraghty 970-962-2795 CityofLoveland.org/Chilson
Fit Cancer: Health and Exercise Science	The Fitness Therapy for Cancer Program (Fit Cancer) is a supportive group-based exercise program designed for cancer survivors at any phase of the cancer journey, including those who have become deconditioned or chronically fatigued from the treatment process.	Website: <a href="http://www.hes.chhs.colostate.edu/outreach/fitcancer/www.patplab.chhs.colostate.edu">http://www.hes.chhs.colostate.edu/outreach/fitcancer/www.patplab.chhs.colostate.edu</a> Phone (970)491-4653 <a href="mailto:patplab@colostate.edu">patplab@colostate.edu</a>
Intensive Dietary Management Program (IDM)	The Intensive Dietary Management Coaching Program provides the education, guidance, support, and structure necessary for successful weight loss and type 2 diabetes reversal.	Website: <a href="https://idmprogram.com/join/">https://idmprogram.com/join/</a>

\*Programs are subject to review and approval before reimbursement. Plan members may submit claims and questions regarding other weight management programs to UMR at [LCReimbursementClaim@UMR.com](mailto:LCReimbursementClaim@UMR.com).



**LIFESTYLE EDUCATION/TOBACCO CESSATION  
REQUEST FOR REIMBURSEMENT FORM**

**Plan Member Info**

Plan Member Name: \_\_\_\_\_

UMR Member ID Number \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Which reimbursement program are you applying for? (please check):**

Lifestyle Education

Tobacco Cessation

**Class/Program Information**

Title of Class/Program: \_\_\_\_\_

Class/Program Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

Address, City, State, Zip: \_\_\_\_\_

Where Class/Program Took Place (if different from above): \_\_\_\_\_

Instructor(s) Name and Credentials: \_\_\_\_\_

Exact Date(s) or Date Range of Class/Program: \_\_\_\_\_

**For Lifestyle Education Reimbursement, Please indicate what was addressed in this class or program:**

- |   |   |
|---|---|
| <input type="checkbox"/> Weight management                            | <input type="checkbox"/> Hypertension/hypertension prevention |
| <input type="checkbox"/> Stress management                            | <input type="checkbox"/> Emotional health                     |
| <input type="checkbox"/> Diabetes or diabetes prevention              | <input type="checkbox"/> Chronic Disease Management           |
| <input type="checkbox"/> High cholesterol/high cholesterol prevention | <input type="checkbox"/> Nutrition/Healthy Eating             |
| <input type="checkbox"/> Other (Please describe _____)                |   |



**Reimbursement Request:**

Amount must reflect cost after subtracting any monetary rebate/incentive earned by Medical Plan Member. (i.e. If total cost was \$100 and Member received \$50 cash back for attending 100% of the classes, then Total Reimbursement Requested would equal the remaining \$50.)

Total Cost of Class/Program \$ \_\_\_\_\_

Monetary Rebates/Incentives Received \$ \_\_\_\_\_

**Total Reimbursement Requested:** \$ \_\_\_\_\_

**Required:**

1. **Itemized receipt** for class/program must be submitted with this form.
2. Class or program overview, syllabus, outline, activity logs, agenda, or other documentation of participation must be submitted with this form.
3. This form, completed in full, and signed by Medical Plan Member.
4. Section below completed and signed by Class/Program Instructor (if program or class is face-to-face, two-way interaction)

**SECTION TO BE COMPLETED BY INSTRUCTOR (if applicable)**

I verify that the class/program information provided on this form is correct.

Did participant receive any discounts, monetary rebates or reimbursements?

\_\_\_\_ Yes: please list amount \$ \_\_\_\_\_  
\_\_\_\_ No

If program involved more than one class, please check to verify:

\_\_\_\_ Participant attended at least 75% of the program  
\_\_\_\_ Participant completed an evaluation of assessment

Instructor Name (please print) \_\_\_\_\_

Instructor Signature and Date \_\_\_\_\_

**MEMBER ATTESTATION**

I, \_\_\_\_\_ (printed name of Plan Member), verify the reimbursement I am requesting is for **education only** and is **not** for anything listed in the exclusion list (i.e. physical activity or fitness classes, gym memberships, physical activity event registration fees, safety classes, personal training, counseling, coaching, food, supplements, smoking cessation products, etc.).

**Plan Member Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**REIMBURSEMENT SUBMITTAL INFORMATION:**

Complete and submit the both pages of the form, with required attachments, to Larimer County's Third Party Administrator, UMR:

**Email:** [LCReimbursementClaim@umr.com](mailto:LCReimbursementClaim@umr.com)

**Fax:** 866-859-1112, Attn: Larimer County Team

**US Mail:** UMR – Attn: Larimer County Team, 20021 – 120<sup>th</sup> Ave NE, Ste 200, Bothell, WA 98011

**Allow 10-14 business days for processing. For questions, call: 1-800-826-9781**