



Community Wellness Benefit

We provide you (and each of your covered family members) with a \$250 Community Wellness Benefit to help you educate yourself and actively participate in your health care. This benefit encourages you to take wellness-related classes offered through local hospitals. Some wellness topics include but are not limited to:

- Adult/Child/Infant CPR/Safety
- Bike Safety/Helmet Program
- Newborn Care
- Asthma
- Health Heart Exercise
- Nutrition
- Babysitting Skills
- How to Deal with Stress
- Pain Management
- Back Care
- Maternity Fitness/Education
- Parenting

Who offers wellness classes?

Many of the participating hospitals in the Regence BlueCross BlueShield of Oregon provider directory offer wellness classes. Ask your hospital about classes they may offer. You may also check our online provider directory at www.regence.com for hospitals in your area. *You will be reimbursed only if you go to a Regence BlueCross BlueShield of Oregon participating hospital and complete the class.*

How do I receive class benefits?

1. Contact the participating hospital to determine the times and locations of classes.
2. If applicable, fill out a registration form and make payment to the hospital.
3. Complete the class.
4. Fill out this reimbursement form.
5. Have the class instructor sign the reimbursement form.
6. Send the completed reimbursement form, along with proof of payment to SDIS.
7. We will reimburse you up to \$250 per covered family member, per calendar year for all classes combined.

**Submit your completed form
including proof of payment to:**

SDIS
Attn: Shelly Barker
PO Box 12613
Salem OR 97309-0613

Other Wellness Services Provided

In addition to the SDIS Community Wellness Benefit, Regence BlueCross BlueShield of Oregon offers dynamic health and wellness information online at www.regence.com. Users have access to a wealth of interesting and engaging information, as well as insights into breaking health care news. 24 hours a day, seven days a week, you will find several interactive health management tools and current news on various health topics such as:

- Fitness & Nutrition
- Illness & Conditions
- Children's Health
- Pregnancy & Baby
- Senior Health
- Alternative Health
- Lifestyle & Wellness
- Women/Men's Health
- Work & Health

You will also find several interactive health management tools, such as:

- Calculators
- Self-Care Centers
- Medical Library

SDIS Community Wellness Reimbursement Form

Please complete a separate form for each class and for each covered family member participating in the class.

Name _____ Member Number _____

Wellness Topic _____ Class Date(s) _____

Class Location _____ Hospital _____

Signature of instructor confirming class participating/completion _____

Signature of member _____ Date _____

Please enclose proof of payment when you mail in this form.

SDIS | Attn: Shelly Barker | PO Box 12613 | Salem OR 97309-0613