



WCA Group Health Trust **covers** the following wellness incentive services

Health Club Membership (Example: Snap Fitness, Anytime Fitness, Planet Fitness, YMCA, etc.)	
<ul style="list-style-type: none"> <li>• Yoga Studio Classes</li> </ul>	<ul style="list-style-type: none"> <li>• Marathon / 5K Run</li> </ul>
<ul style="list-style-type: none"> <li>• Boot Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Weight Watchers Classes (not online)</li> </ul>
<ul style="list-style-type: none"> <li>• 9 Round Kickboxing (for cardio purposes)</li> </ul>	<ul style="list-style-type: none"> <li>• Zumba / Pound / Cross Fit</li> </ul>

WCA Group Health Trust **does not** cover the following wellness incentive services:

<ul style="list-style-type: none"> <li>• Swim Lessons</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional Supplements / Classes / Food</li> </ul>
<ul style="list-style-type: none"> <li>• Beach Body on Demand</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise Videos / Equipment</li> </ul>
<ul style="list-style-type: none"> <li>• Self Defense Classes</li> </ul>	<ul style="list-style-type: none"> <li>• Online Services for Wellness</li> </ul>
<ul style="list-style-type: none"> <li>• Fit Bits / Pedometers</li> </ul>	<ul style="list-style-type: none"> <li>• Racquetball Club or Golf Memberships</li> </ul>
<ul style="list-style-type: none"> <li>• Child Sport Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Wellness Counseling / Programs</li> </ul>
<ul style="list-style-type: none"> <li>• Kickboxing Classes (to learn the sport)</li> </ul>	<ul style="list-style-type: none"> <li>• School / College Activities / Facility Fees</li> </ul>

**Disclaimer:** *The above information is for general information purposes only. It is not to be construed as an all-inclusive list and is subject to change without notice.*

**Reminder:** Reimbursement checks are issued from UMR and are attached to the bottom of your Explanation of Benefits which you will receive from UMR in the mail, not from the WCA GHT. It takes 2-3 weeks to receive these reimbursement checks.

**Questions:** If you have questions about what is or is not covered, please contact Cathy Rice at 1-800-236-6885.

Thank You!  
WCA Group Health Trust