



# Hospital-Based Health Education Classes

Many local hospitals offer classes on topics that can help you optimize your health. As part of your plan's medical coverage, you can participate in hospital-based health education classes and receive reimbursement. Covered dependents are also eligible for this program.

## What classes can I take?

Hospital-based classes cover a wide range of health topics, such as pregnancy and parenting, heart health, weight loss, nutrition, and fitness. Check with your local hospital to see what health and wellness classes they offer.

## Are there any limitations?

The program will reimburse the medical members up to \$50 per class, series, or program (up to a maximum of \$150 per member per plan year). You must be an eligible member enrolled in the medical plan at the time of class registration to qualify for class reimbursement. Please note the following exclusions: babysitting training, CPR or first aid training, financial planning, health screenings, and entry fees for walks or other fundraising events. Finally, classes offered by organizations other than hospitals and classes on topics other than health and wellness are not eligible for reimbursement. Other restrictions may apply. Our Customer Service Representatives are happy to help you determine if the class you'd like to attend is eligible.

## Questions?

*If you have any questions, you're welcome to contact our Customer Service Department at (888) 532-5332.*

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## Reimbursement Request Form

Please attach a copy of your class payment receipt. Mail your receipt and this completed form to SBA, attn: Health Management, PO Box 230519, Portland, OR 97223. Or fax it to (503) 670-8263, attn: Health Management.

<b>Member Information</b>	
Member Name:	ID #:
Date of Birth:	Group #:
Home Phone Number:	E-mail Address:
Mailing Address:	
<b>Class Information</b>	
Hospital Name:	Instructor Name:
Hospital Address:	
Class Name:	
Class Cost:	Class Start Date:

13010 SW 68th Parkway, Suite 140 ♦ Tigard, OR 97223 ♦ Phone (503) 598-8908 ♦ (800) 473-0509  
 Fax (503) 598-0197 ♦ [www.selectadmin.com](http://www.selectadmin.com) ♦ [clientservices@selectadmin.com](mailto:clientservices@selectadmin.com)