

Get reimbursed for up to \$100 a year for fitness and wellness!

To help you stay motivated and achieve your fitness and wellness goals, ValleyWaterWELL will provide reimbursement toward qualifying expenses that promote your physical fitness and wellness.

Each regular employee can receive up to \$100 per calendar year toward fees you pay for staying well, including:

- Fitness classes
- Fitness club membership
- Personal trainer
- Weight management programs
- Fitness/nutrition apps
- Home fitness/exercise equipment
- Fitness trackers compatible with Virgin Pulse

To qualify, you must meet the requirements below.



Fitness Club Requirements

- A qualified health club or fitness facility provides cardiovascular and strength training exercise equipment. Examples include: YMCAs, 24 Hour Fitness, City Sports, JCC, Forma Gym, ClubSport, Fitness 19, CrossFit, and Curves.

Fitness Class Requirements

- Class instructors must be certified.
- Classes may include, but are not limited to: Pilates, yoga, spinning, aerobics, strength training, boot camp, tai chi, kickboxing, martial arts, Barre, dance, and Zumba.

Personal Trainer Requirements

Personal training sessions must be led by a certified trainer at a qualified health club or fitness facility.

Weight Management Program Requirements

This includes fees paid for nutritional counseling by a certified nutritionist or dietician or costs associated with a formal weight management program, such as Weight Watchers, but not including dietary supplement systems.

Fitness/Nutrition App Requirements

This includes monthly or annual subscription fees paid for smartphone apps that support physical fitness/exercise, nutritional/diet tracking, and/or weight loss/management.

Reimbursement Requirements -

All Programs

- Please note that the \$100 reimbursement is per employee, per calendar year, not per activity.
- You can submit your form up to one time each calendar year, for a maximum annual reimbursement of \$100

per employee. Reimbursement requests for a calendar year must be submitted on or before March 31 of the following year. You must submit proof of payment.

- Reimbursement requests must be submitted as an Expense Claim in Infor XM.
- Upload digital copies of your receipts into your Expense Claim request.
- Your reimbursement check will be routed to your Valley Water mailbox. Please allow up to 45 days to receive your reimbursement check.

Valley Water Fitness Reimbursement Program will not reimburse you for:

- Classes or personal training sessions with uncertified trainers
- Athletic event registration fees. Eligible athletic event registration fees may be reimbursed up to \$25 separately through the Community Fitness Reimbursement Program.
- Membership/participation dues or fees for Valley Water sports clubs subsidized separately
- Country clubs, social clubs, or tanning salons
- Fees paid for food, books, transportation, videos, or any other items or services
- Vitamins, supplements, and self-care/massage/physical therapy home treatment devices
- Acupuncture, chiropractic, massage, or other wellness services
- Medical, dental, or vision care appointments
- Mindfulness apps, programs, or events
- Outdoor exercise equipment (e.g., bicycles)
- Athletic apparel (e.g., running shoes, yoga clothing)