

“Learn & Earn”

Wellness Education Refund Program

We all want to be healthy and feel good, but often don't know where to start. HealthAmerica's “Learn & Earn” Wellness Education Refund Program can help. You may be eligible for refunds on approved health education classes that enable you to **learn** about ways to get -- and stay -- healthier, plus **earn** a refund of your class fee!

How does it work?

1. You select an approved class at a local hospital, health care center, or other facility. We have included a list of local facilities that offer health education classes. Classes constantly are added and updated, so if you find a class at a facility not included in the directory, please call the Member Services phone number on your I.D. card and verify that it is approved.
2. Pay for the class up front, and keep your receipt or proof of payment. After completing the approved class (or a minimum of 80% if the class format comprises multiple sessions), fill out a *Learn & Earn Refund Request* form. Click [here](#) to download the form, or call the Member Services phone number on your I.D. card to request a copy.
3. Have your instructor sign the **Learn & Earn Refund Request**, include a copy of your receipt, and mail to the address specified on the form. Please make a copy of the form as well as the proof of payment for your records.
4. You will be refunded 100% of the program fee, with the exception of weight management classes, such as Weight Watchers, which are eligible for a maximum refund amount of \$350 per year. Your refund check will arrive in 8 to 10 weeks.

*The HealthAmerica Learn & Earn program offers refunds **only** for approved wellness education classes that fall under one of the categories above. Memberships at gyms and fees for exercise classes are not eligible for reimbursement. Please click [here](#) for a list of fitness centers that offer discounts through the GlobalFit Fitness Program.*

If the class falls into one of the categories below, HealthAmerica will refund your class fee after you complete the class. If class format comprises multiple sessions, you must attend a minimum of 80% of the sessions.

Wellness Education Approved Class Categories

- Arthritis Management
- Asthma Education
- Back Care
- Diabetes Management
- Family Wellness
- Heart Health
- Nutrition and Wellness
- Lung Disease Management
- Prenatal & Well-Child
- Quit Smoking
- Safety & First Aid
- Stress Management
- Weight Management
- Women's Wellness

Wellness Education Approved Class Categories

Approved class categories are listed below, along with **sample** class topics. Specific class titles are too numerous to list individually, so use these topics as guidelines to give you an idea of what types of classes are eligible for a refund. Classes and schedules are constantly changing, so to obtain the most up-to-date class information, please click [here](#) to connect to a list of local facilities, then check the facility's website, or call them directly.

If you find a class at a facility not included in the directory listings, and it falls under one of the approved categories, before you sign up for the class call the Member Services phone number on your I.D. card and verify that it is eligible for a refund.

IMPORTANT: *The Learn & Earn program offers refunds **only** for wellness education classes that fall under one of the approved categories below. Memberships at gyms and fees for exercise classes are not eligible for reimbursement. Please click [here](#) for a list of fitness centers that offer discounts through the GlobalFit Fitness Program.*

Arthritis Management

Pain Management • Living with Arthritis

Asthma Education

Overview of Asthma • Using Your Inhaler • Exercising with Asthma

Back Care

Sitting & Standing Posture • Sleep Positioning • Lifting Mechanics • Back Injury Prevention Strategies

Diabetes Management

Diabetes Awareness • Your Child's Diabetes • Diabetes Walking Program • Cooking for the Diabetic

Family Wellness

How to be a Caregiver for a Family Member • Healthy Relationship Classes • Strong Women • Immunization Education

Heart Health

The Dean Ornish Program • The Spectrum • Mediterranean Wellness Program • Managing High Blood Pressure • Cardiac Risk Factors • Stroke Awareness

Nutrition and Wellness

Culinary Hearts Kitchen • Eat Well for Life • Food for Life Eating for a Healthier Heart • Controlling Cholesterol • Eating Well for Kids

Learning About Lung Disease

COPD Education • Chronic Bronchitis • Emphysema

Prenatal & Well-Child Education

Immunization Education • Prenatal Education Series • Breastfeeding • Lamaze Prepared Childbirth • Sibling Orientation • Parenting • Healthy Beginnings • Infant Care

Quit Smoking

Clear the Air • Smoke Free for Life • Smoking Cessation

Safety

Infant/Child CPR • Adult CPR • Babysitter Certification Course • Women's Self-Defense • First Aid Course • Heartsaver AED • Car Seat Safety • Pediatric Safety • Home Alone & In Control

Stress Management

Personal Stress Management • Meditation • Emotional Self Care • Caring for the Caregiver • Breathing to Reduce Stress • Work-Life Balance

Weight Management*

Weight Watchers (Traditional, Online, or WW at Work Classes) • Choose to Lose • Create Your Weight • Childhood Obesity • **Maximum annual refund for weight management classes is \$150*

Women's Wellness

Mothers and Daughters: Preparing for Puberty • PMS is not in your head • Positive Parenting • Menopause: A Time of Change • Breast Health • Osteoporosis Prevention • Insights for Living Beyond Cancer • Women and Heart Disease • Learning About Breast Health