

Health Education Reimbursement Summary



For individuals that are enrolled in the health plan and interested in learning more about wellness or who may need extra help in tackling health issues, Lancaster General Health offers reimbursements for a wide array of group health education classes. Approved classes are located on-site at Lancaster General Health and in the surrounding area, so that you can select the location and the program that's best for you.

Lancaster General Health's health education reimbursement applies to group health education classes on pre- and post-natal education, healthy weight management, and pre-diabetes group education. See below for a brief description of the eligible classes offered by Lancaster General Health.

Pre-Natal and Post-Natal Education

Learn more about a healthy pregnancy, delivery and breastfeeding by attending childbirth education and breastfeeding classes. Get reimbursed by registering for the approved classes, attending 80 percent of the sessions and completing the Health Education Reimbursement Request Form.

Childbirth*

Expecting your first baby and feeling excited, nervous or unprepared? Our team of childbirth educators will guide you through a preparation process covering pregnancy, relaxation and

breathing techniques, as well as medical options and practices. We'll also discuss the overall process of labor and delivery and the immediate postpartum period. In this class, you and your partner will build your knowledge, practice the different techniques, and get to know other parents-to-be. A tour of WBH is included with this class.

Baby Care Basics

Your baby has arrived, now what?! Our Childbirth Educator will prepare you for what you can expect during your baby's hospital stay, including newborn and rooming in procedures. You and your partner will gain confidence in

your newborn care skills by learning bathing, swaddling, and diapering techniques. Developmental milestones, brain development, feeding, health promotion, and safety will also be reviewed so you can go home prepared and proud!

Fathers' Boot Camp (Fathers ONLY)

What's a new dad to do? This one-session class will help you step up to the challenges of first-time fatherhood. Under the guidance of a veteran dad, rookie dads will practice baby care skills, network, and be able to ask other men about those touchy but very important issues such as how to best help mom, breastfeeding, and the changing physical and emotional expectations of your partner. This class should be taken before your baby's birth so you can hit the ground running.

Breastfeeding*

There are many reasons to breastfeed, but it can be a frustrating experience if you're not prepared. Join our Certified Lactation Consultant to learn why breastfeeding is so beneficial for your baby and to get practical how-to information that will help you continue to breastfeed after you leave the hospital. We'll also discuss the emotional and physical effects of nursing on both you and your baby. You are encouraged to bring a support person (there's no extra charge); please mention when registering so we can have enough seating.

** If you are receiving any type of medical assistance, please call 1-888-LGH-INFO (544-4636) to register.*

Breastfeeding and Returning to Work

It is possible to provide your baby with breast milk after you go back to work, it just takes a bit of planning. We can help you figure it all out and return to work with confidence. Topics include: getting out of the house in the

morning, working with your childcare provider, pumping and storing breastmilk, types of pumps, and how to safeguard your milk supply. Babies are welcome.

Pre-Diabetes

This is a two-class series totaling four hours of class time. Over the course of the four hours, the following topics are discussed: Pre-diabetes vs Diabetes, What is Diabetes, Diabetes Risk Factors, Diabetes Prevention Program, Insulin Resistance, How food is digested, dining out, Exercise and Metabolic Syndrome. The sessions also cover the "To Do" List:

- 1 - Attain and maintain a reasonable weight,
- 2 - Reduce your intake of total fat, saturated fat and cholesterol,
- 3 - Eat smaller, more frequent meals, and
- 4 - Limit foods high in carbohydrates.

Contact 717-544-5923 for more information.

Weight Watchers

Weight Watchers At Work meetings bring the Weight Watchers experience to your workplace and provide a supportive atmosphere for participants to help encourage healthful eating, physical activity, and behavior modification. This trusted weight-loss system is offered as a 10-week series with weekly weigh-ins and a discussion around a national meeting topic. Meetings are run by a certified group leader, who is a true Weight Watchers weight-loss success story. Each member will receive a success story booklet, weekly food tracker, Weight Watchers pocket guide, and a Beyond the Scale manual on week one. Meetings typically last 45-60 minutes. Any employee on the health plan who attends at least 8 of the 10 classes and completes both the pre & post survey can submit this completed form and receive a reimbursement.

For further information on the classes offered at Lancaster General Health, visit www.LGHealth.org and click on Classes & Events.

Health Education Reimbursement Form

Congratulations on making the commitment to improve your health!

Name: _____ Date of Birth: _____

Yes! I have completed all requirements of the Following program (s) and have attached the applicable receipts of payment. Please process my reimbursement For:

- | | |
|--|-------|
| <input type="checkbox"/> Childbirth class; 80% attendance | \$70 |
| <input type="checkbox"/> Baby Care Basics; 80% attendance | \$25 |
| <input type="checkbox"/> Fathers' Boot Camp | \$20 |
| <input type="checkbox"/> Breastfeeding class; 80% attendance | \$25 |
| <input type="checkbox"/> Breastfeeding and returning to Work class; 80% attendance | \$15 |
| <input type="checkbox"/> Pre-Diabetes; Group classes only | \$32 |
| <input type="checkbox"/> Weight Watchers | \$100 |
| • New Member | \$75 |
| • Returning Member | |
| • Off-site Member | \$140 |

Address _____

City _____ State _____ Zip _____

Instructor's Signature _____

LG Health and Penn Home Health Plan Identification Number: 0800

Questions?

Call Trustmark 24/7

877.848.9997

Mail Receipts to: Trustmark

PO Box 2920

Clinton, IA 52733

Fax to: 877-411-5933