












Minuteman Health - Health & Wellness Benefits


MinuteMember Wellness Benefits

-  Fitness Benefit - Minuteman Health (MHI) will reimburse monthly membership at one of the following facilities per family per calendar year (Work Out World, YMCA, Gold's Gym, Planet Fitness, Fitcorp, LA Fitness, or Boston Sports Club). Fitness club reimbursement varies by club and membership fees. Please consult a tax professional for potential tax implications.
-  Weight Watchers® - 5-month membership (per family per calendar year) for online, traditional or at-work Weight Watchers® meetings.
-  Preventive Care - Annual physicals and preventive screenings covered with no cost-sharing to members. This includes many forms of FDA approved contraceptives for women. (It's important to know that in some cases a preventive visit may include diagnostic services which may not be covered in full). For more information visit www.minutemanhealth.org/members/understanding-your-benefit-plan.
-  NurseWise - MHI members have access to free telephone health support from a registered nurse 24 hours a day, seven days a week, 365 days a year.
-  Healthy Directions - A variety of healthy online resources that include interactive tools, articles, and quizzes that help make staying healthy fun.
-  Tobacco Cessation Support - Access to support that provides counseling, online tools, and covers nicotine replacement products and prescription drugs like Bupropion and Chantix that can help tobacco users quit. (With a prescription, members receive smoking cessation products and medications with no cost-sharing for 180 days when using a pharmacy in our In-Plan Pharmacy network).
-  Care Management Programs - One-on-one assistance from experienced licensed professionals for members who have complex medical needs and/or chronic conditions.

MinuteMember Tools & Resources

-  MinutemanHealthDirect.org - MHI members can access important plan information 24/7. MHI's secure, members-only online portal is the best way for members to access information about their MHI health plan. Once registered, members can do things like find and select an In-Plan PCP, review claim activity, access important plan information, and take an online health assessment.
-  Online Health Assessment - An easy-to-use online tool that will give members an overall picture of their health and provide recommendations and a personal plan for living a healthier lifestyle.

For more information on Health & Wellness benefits

-  Peter Hess, Director of Employer & Broker Relations
peterhess@minutemanhealth.org
603-836-4660 (office)
603-247-8528 (mobile)

Visit us at www.minutemanhealth.org

 **Minuteman Health**

