

How to Submit Your HealthDollars or TriVantage HMO Reimbursement Request

1. This form may be used for the following two types of reimbursement requests ONLY:
 - **TriVantage HMO Lifestyle Credits:** This \$300 maximum credit is provided to each subscriber (household). For example, a family of four would be eligible for one reimbursement of up to \$300 per calendar year.
 - **HealthDollars:** This maximum \$50 credit is provided to each subscriber (household). For example, a family of four would receive one reimbursement of up to \$50 per calendar year.
2. All reimbursement forms must be received by MVP Health Care no later than one year after the date you paid for the service.
3. HealthDollars and TriVantage Lifestyle Credits apply to the year in which the service is paid. For example, if a service was provided in December, but you paid for it in January of the current calendar year, it will apply to the current calendar year's credit. You must have been an MVP member at the time of payment.
4. Attach the pre-printed, paid original receipt showing the type of service:
 - You must pay for the service before submitting a request for reimbursement.
 - For each item you are requesting, you must attach a copy of an itemized bill, statement, debit/credit card statement, or a receipt pre-printed, stamped or on company letterhead that includes the service provider's name and address.
 - Balance forward/prior balance statements are not acceptable.
 - The documentation from the service provider must include the following information:
 - The name of the provider;
 - The type of service provided;
 - The date the service was rendered (start date);
 - Your out-of-pocket cost for the service, including date(s) of all payment(s); and
 - The name of the person(s) receiving the service.
 - Please note: reimbursement requests that are not submitted according to these guidelines will be returned for you to correct and re-submit.
5. MVP Health Care reserves the right to refuse reimbursement if the service provider does not meet MVP's benefit and quality standards.
6. Sign this form and return it to: MVP Health Care, HealthDollars & TriVantage HMO, P.O. Box 22920, Rochester, New York 14692-2920.
7. Please allow 4-6 weeks for reimbursement (as long as your request is complete and accurate).
8. Visit www.mvphealthcare.com for more information about HealthDollars or your TriVantage HMO health plan.

TriVantage HMO Lifestyle Credits (up to \$300 per subscriber per year)	
Examples of Activities that Qualify for Reimbursement	
Active Lifestyles	Adult (age 18 and over) fitness classes and physical activities (including yoga sessions, kayak lessons, Tai Chi, Pilates, martial arts), gym memberships, greens fees, ski lift tickets, personal training services. Plus, Healthy Weight Support: select weight management programs – Weight Watchers [®] , Nutrisystem [®] , Jenny Craig [®] , TOPS (Take Off Pounds Sensibly) – medical provider-based programs, or counseling with a registered dietician.
Family Focus	Kids' (under age 18) fitness classes, physical activities and organized sports (examples include bowling, sports camps and teams, swimming lessons), as well as driver education. Plus, Healthy Weight Support: select weight management programs – Weight Watchers [®] , Nutrisystem [®] , Jenny Craig [®] , TOPS (Take Off Pounds Sensibly) – medical provider-based programs, or counseling with a registered dietician.
Healthy Alternatives	Healthy Weight Support for members of any age: select weight management programs – Weight Watchers [®] , Nutrisystem [®] , Jenny Craig [®] , TOPS (Take Off Pounds Sensibly) – medical provider-based programs, or counseling with a registered dietician.
What <u>Does Not</u> Qualify for Reimbursement	
Merchandise (such as attire, fitness equipment, fitness videos and publications, golf clubs, bicycles) and equipment rental (skis, bowling shoes, etc.)	
Food and dietary supplements (other than those purchased directly from a program listed as part of Healthy Weight Support)	
Physical activities at country clubs (such as golf, swimming or skiing) that are not billed or itemized separately from membership fees and/or dues; or strictly social memberships at country clubs	

If you have a question about what qualifies for reimbursement, contact Member Services at the phone number listed on your Member I.D. Card.