

# Hospital-Based Education Classes

Many local hospitals offer classes on topics that can help optimize your health.

As part of your PacificSource medical coverage, you can participate in hospital-based health education classes and receive reimbursement. Covered dependents are also eligible for this program.

## What classes can I take?

Hospital-based classes cover a wide range of health topics, such as:

- Pregnancy and parenting
- Heart health
- Weight loss
- Nutrition
- Fitness

Check with your local hospital to see what health and wellness classes they offer. You can also visit the For Our Members > Health & Wellness section of our website for direct links to area hospitals that offer classes.

## Are there any limitations?

The program will reimburse all PacificSource medical members up to \$50 per class, series, or program (up to a maximum of \$150 per member per plan year).

To qualify for class reimbursement, you must be an eligible and enrolled PacificSource member at the time of class registration and when you begin the class.

The reimbursement will be issued after the class begins.

Please note the following exclusions: babysitting training, CPR or first aid training, financial planning, health screenings, and entry fees for walks or other fundraising events.

Finally, classes offered by organizations other than hospitals and classes on topics other than health and wellness are not eligible for reimbursement. Other restrictions may apply.

Our Customer Service Representatives are happy to help you determine if the class you'd like to attend is eligible.

## How do I get reimbursed?

Please use the Reimbursement Request Form on the back of this flier.

*continued on reverse*

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### Reimbursement Request Form

Please attach a copy of your class payment receipt. Mail your receipt and this completed form to PacificSource, attn: Health Management, PO Box 7068, Springfield, OR 97475. Or fax it to (541) 686-2051, attn: Health Management.

Member Information	
Member name	PacificSource ID #
Date of birth	Group #
Home phone number	Email address
Mailing address	
Class Information	
Hospital name	Instructor name
Hospital address	
Class name	
Class cost	Class start date

***If you have questions,  
you are welcome to  
contact our Customer  
Service Department at  
800.688.5008 or email  
cs@pacificsource.com.***



**Direct:** 208.333.1596  
**Toll Free:** 800.688.5008

**PacificSource.com**