



## Learn About Nutrition. Eat Healthy. Save or Get Reimbursed.

WSHG health plans offer discounts or reimbursement for participation in certain weight management and healthy eating programs.

Check to see what your plan covers.\*

**Harvard Pilgrim Health Care:** HP Members can receive discounts and savings on the following Healthy Eating products and services: Green City Growers (vegetable garden installation and support from farmers), DASH for Health (online program through American Heart Association and USDA), Jenny Craig® (a weight loss program with personalized support), Eat Right Now (a mindful eating app which helps reduce craving-related eating), and Savor Health (fresh, nutritious meals for cancer patients and their caregivers).

For additional information, including specific discounts and savings on each program, please click here: [Healthy Eating Discounts and Savings](#), and then click on Healthy Eating under Select a Program.

**Tufts Health Plan:** Tufts Members can receive discounts and savings on the following Nutrition and Weight Management Programs: DASH for Health (an online program of nutrition advice, customized meal plans and food, and exercise tracking), Jenny Craig® (a weight loss program with a personal consultant), The Dinner Daily (personalized weekly dinner menus and shopping lists), and Nutritional Counseling (counseling with participating registered dietitians or licensed nutritionists.)

For additional information, including specific discounts and savings, please click here:

[Healthy Lifestyle Program Discounts](#), and then click on Nutrition and Weight Management.

**Blue Cross Blue Shield:** BCBS Members can submit for reimbursement up to \$150 for each individual or family health plan towards qualified weight management programs. The programs which qualify for reimbursement are: Weight Watchers® (an independent company with in-person meetings) and Hospital-based Weight-loss Programs.

For additional information, please click here: [Weight-Loss Reimbursement](#)

**Fallon Health:** Fallon members can use the *It Fits!* benefit towards weight management programs. *It Fits!* allows you to submit for reimbursement up to \$400/family contract and \$200/individual contract for Select members, or \$500/family contract and \$250/individual contract for Direct Care members, towards fitness, physical activities and certain weight management programs. The weight management programs that are reimbursable include: Weight Watchers® monthly passes, Weight Watchers® Online, Jenny Craig® registration costs, and membership fees for TOPS® (Take Off Pounds Sensibly).

For additional information, please click here: [It Fits! Reimbursement Program](#)

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*\*These reimbursements and savings are effective as of September 2018. All savings, discounts and reimbursements are subject to change. Please confirm with your health plan before purchasing programs.*