We all want to be healthy and feel good, but often don’t know where to start. HealthAmerica’s Learn & Earn Wellness Education Refund Program can help. You may be eligible for refunds on approved health education classes that enable you to learn about ways to get – and stay – healthier, plus earn a refund of your class fee! (Check with your HR or Benefits Department to confirm that your company offers this program.)

How can I access the Learn & Earn program?

1. You select a class from an approved facility. We have included a list of local facilities that offer health education classes, in addition to HealthAmerica providers. Classes constantly are added and updated, so if you find a class at a facility not included in the directory, please call the Member Services phone number on your I.D. card and verify that it is approved.

2. Pay for the class up front, and keep your receipt or proof of payment. After completing the approved class (or a minimum of 80% if the class format comprises multiple sessions), fill out a Learn & Earn Refund Request form. Download the form from www.healthamerica.cvty.com, or call the Member Services phone number on your I.D. card to request a copy.

3. Have your instructor sign the Learn & Earn Refund Request, include a copy of your receipt, and mail to the address specified on the form. Please make a copy of the form as well as the proof of payment for your records.

4. You will be refunded 100% of the program fee, with the exception of weight management classes, such as Weight Watchers, which are eligible for a maximum refund amount of $350 per year. Your refund check will arrive in 8 to 10 weeks.

The HealthAmerica Learn & Earn program offers refunds only for approved wellness education classes that fall under one of the categories below. Memberships at gyms and fees for exercise classes are not eligible for reimbursement. Log on to www.healthamerica.cvty.com to obtain a list of local fitness centers that offer discounts through the GlobalFit Fitness Program.

There are two ways to attend classes: Community Classes, which are offered at local hospitals and other health care facilities, and Worksite Classes, which may be scheduled to be held at your place of work.

If the class falls into one of the categories below, HealthAmerica will refund your class fee after you complete the class. If class format comprises multiple sessions, you must attend a minimum of 80% of the sessions.

Wellness Education Approved Class Categories

- Arthritis Management
- Asthma Education
- Back Care
- Diabetes Management
- Family Wellness
- Heart Health
- Nutrition and Wellness
- Lung Disease Management
- Prenatal & Well-Child
- Quit Smoking
- Safety & First Aid
- Stress Management
- Weight Management
- Wellness Education
- Women’s Wellness
Wellness Education Approved Class Categories

Approved class categories are listed below, along with sample class topics. Specific class titles are too numerous to list individually, so use these topics as guidelines to give you an idea of what types of classes are eligible for a refund. Classes and schedules are constantly changing, so to obtain the most up-to-date class information, please logon to www.healthamerica.cvty to obtain a list of facilities, then check the facility’s website, or call them directly. Please note that all HealthAmerica providers are approved facilities through this program.

If you find a class at a facility not included in the directory listings, and it falls under one of the approved categories, before you sign up for the class call the Member Services phone number on your I.D. card and verify that it is eligible for a refund.

IMPORTANT: The Learn & Earn program offers refunds only for wellness education classes that fall under one of the approved categories below. Memberships at gyms and fees for exercise classes are not eligible for reimbursement. Please click here for a list of fitness centers that offer discounts through the GlobalFit Fitness Program.

Arthritis Management
- Pain Management • Living with Arthritis

Asthma Education
- Overview of Asthma • Using Your Inhaler • Exercising with Asthma

Back Care
- Sitting & Standing Posture • Sleep Positioning • Lifting Mechanics • Back Injury Prevention Strategies

Diabetes Management
- Diabetes Awareness • Your Child’s Diabetes • Diabetes Walking Program • Cooking for the Diabetic

Family Wellness
- How to be a Caregiver for a Family Member • Healthy Relationship Classes • Strong Women • Immunization Education

Heart Health
- The Dean Ornish Program • The Spectrum • Mediterranean Wellness Program • Managing High Blood Pressure • Cardiac Risk Factors • Stroke Awareness

Nutrition and Wellness
- Culinary Hearts Kitchen • Eat Well for Life • Food for Life • Eating for a Healthier Heart • Controlling Cholesterol • Eating Well for Kids

Learning About Lung Disease
- COPD Education • Chronic Bronchitis • Emphysema

Prenatal & Well-Child Education
- Immunization Education • Prenatal Education Series • Breastfeeding • Lamaze Prepared Childbirth • Sibling Orientation • Parenting • Healthy Beginnings • Infant Care

Quit Smoking
- Clear the Air • Smoke Free for Life • Smoking Cessation

Stress Management
- Personal Stress Management • Meditation • Emotional Self Care • Caring for the Caregiver • Breathing to Reduce Stress • Work-Life Balance

Weight Management*
- Weight Watchers (Traditional, Online, or WW at Work Classes) • Choose to Lose • Create Your Weight • Childhood Obesity •

*Maximum annual refund for weight management classes is $350

Women’s Wellness
- Mothers and Daughters: Preparing for Puberty • PMS is not in your head • Positive Parenting • Menopause: A Time of Change • Breast Health • Osteoporosis Prevention • Insights for Living Beyond Cancer • Women and Heart Disease • Learning About Breast Health