



Mediterranean Wellness

Step 1. Do You Qualify For Reimbursement?

Check to see if you qualify through your health plan:



HealthAmerica members may be eligible for a 100% reimbursement!

Just check to make sure that “Health Education Reimbursement” is part of your plan. Refer to your benefit plan document or contact Customer Service at the # on the back of your ID card to find out.

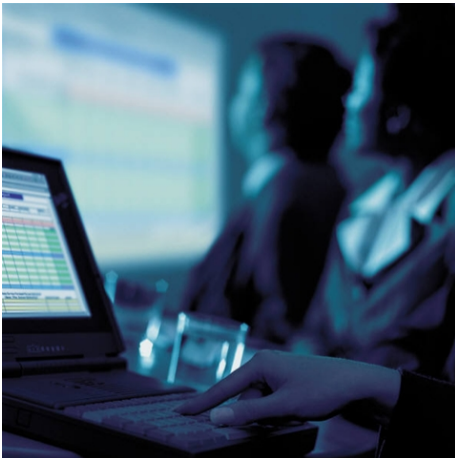
AMERICAN
FOREIGN
SERVICE
**PROTECTIVE
ASSOCIATION**

Members of the American Foreign Service Protective Association can be reimbursed for the cost of this program, as long as that cost doesn't cause the amount used to exceed their yearly maximum.

**Step 2. Complete 80% of this program
(6 of the 8 weeks)**

To get credit for each week:

1. Attend each week's session



- a. *LIVE via webcast and LIVE in person*
 - i. *If you are attending a session LIVE in person, just make sure your group leader has your name down. They will pass that information to us, and we will make sure you get credit for that week.*
 - ii. *If you are attending a session LIVE via webcast, your attendance will be automatically counted through your login.*
- b. *By recording*
 - i. *On every home page there is a link for the recording of the session. If you attend this recorded session, it automatically enters your attendance.*

2. Do each week's homework



- a. *Each week, there is homework that you must complete. Once you complete all the blanks and hit submit, you will automatically get credit for that homework.*
- b. *No grades are assigned.*

Step 3. Send In Your Completion Certificate Form



Once you complete 6 of the 8 weeks (80% of the total), your Completion Certificate will be “ACTIVE” and available for you to print out.

Simply fill out the form, make sure all information has been completed, and then submit the form to the address on the form itself.

Allow 6 – 8 weeks for processing.