

In consideration of the premium charged and paid for coverage issued through the group insurance policy and under which Security Health Plan of Wisconsin, Inc., (Security Health Plan) issued the Certificate to which this amendment is attached, that Certificate and group insurance policy are amended as follows:

Security Health Plan offers reimbursement for members who engage in approved health activities, subject to the provisions set forth in this amendment. Members are eligible for a reimbursement of up to \$100 per member per calendar year, with a maximum of \$200 per family. **Members cannot be reimbursed for more than the cost incurred (including applicable taxes and shipping and handling fees) for memberships, classes and equipment.**

Activities and equipment that may be eligible for reimbursement:

- Nutrition or wellness class
- Gym or health club membership
- Exercise class or personal trainer
- Weight-loss program
- Adults only (age 18 years and older): Swim instruction or water exercise class
- Online fitness memberships (i.e. Beachbody, Weight Watchers Online)
- Home exercise equipment that provides a total-body workout
 - Equipment must be new and purchased from a retail company
 - Treadmills, stationary cycles, bike stands (to convert road bike to stationary cycle), stair climbing machines, elliptical machines, rowing machines, cross-country ski machines, total body weight resistance machines

Members must submit a completed **Healthy Living Benefit Reimbursement form** along with applicable receipts.

Adult members are allowed to send **one form per calendar year**, with receipts totaling up to \$100 per member, maximum of two members per family annually. Each member must submit a separate form.

Security Health Plan reserves the right to verify participation at its discretion. The person must be a member when the expense is incurred.

The following activities/programs are **NOT** eligible for reimbursement under this benefit:

- Pool-only facilities (unless as part of a swim instruction or water exercise class)
- Social clubs
- Greens/Race fees
- Transportation
- Association memberships
- Lodging
- Meal plans, food, shakes, and supplements
- Fitness clothing and uniforms
- Activities that are reimbursable under the member's insurance plan
- Muscle-specific resistance equipment such as abdominal rollers, thigh or buttocks machines, exercise mats, free weights
- Outdoor recreational equipment such as golf clubs, bicycles, game balls, skates, skis, tennis racquets, rollerblades and any used equipment
- Sport or activity fees for dependent children

Note: This benefit may be considered taxable income to the subscriber/employee from his or her employer. Please contact the policyholder for more information. This amendment shall be effective beginning with the date for which the appropriate premium shall have been paid to and accepted by Security Health Plan. This coverage shall be in force under the same provisions as govern the policy. All terms, provisions and conditions of the entire policy remain unchanged except as stated above.

IN WITNESS WHEREOF, Security Health Plan of Wisconsin, Inc. has executed this amendment.

SECURITY HEALTH PLAN OF WISCONSIN, INC.

This amendment modifies certificates with INS -00046, INS-00048, INS-00091 or INS-00093 as part of their form numbers.