

Aetna has expanded the permissible wellness allowance reimbursements to better support the health and wellness needs of our members during COVID-19. Now included are food delivery services, sporting equipment, cookbooks and more.

New Permissible Wellness Allowance Reimbursements

Fitness activity reimbursements must be offered to all members

- Sporting-goods store gift cards for members, purchased through a wellness vendor that offers a gift card service
- Exercise equipment delivered to members (jump ropes, yoga mats, walking shoes, exercise bands, etc.)

Nutrition reimbursements

- Fresh fruit and healthy snacks for members when they return to work, or for those continuing to work, along with nutrition information
- Incentives for healthy activity will include cooking equipment and cookbooks
- Food and meal delivery services

Stress management and mindfulness support

- Behavioral Health Teladoc App (if BH or Teledoc is not covered under medical plan or influencing utilization of medical plan)
- Financial planning seminars for example: investment, retirement, college, emergency, health care planning, and debt- and credit-related programs

Expenses for dependents

- Mindfulness apps for children
- Exercise equipment for kids (jump ropes, yoga mats, sneakers, balls and gloves, etc.)
- Wii exercise/fitness games
- Activity trackers for kids (FitBit, etc.)

Purchase of safety and sanitation supplies and services

- Temperature scanners for members working or returning to work
- Personal protective equipment (PPE), for example: gloves, masks, hand sanitizers, thermometers etc.
- Hiring a third-party vendor to check temperatures when employees return to work

Home health screenings

- When/if at-home COVID 19 screenings kits are available and offered to all employees, reimbursement is permitted
- Quest home kits for groups without a wellness package are reimbursed if offered to all employees

Social Connectedness

- Zoom subscriptions reimbursed if offered to all employees

Please note, these changes only apply during the Covid-19 social distancing federal and state requirements.