

HealthTrust
Health Awareness Program - Eligible Programs

In general, basic or intermediate level health and safety classes/programs are eligible for reimbursement; specialized training is not eligible. Programs that are not eligible include, but are not limited to: leagues, clubs, membership, tournaments, competitions. Additionally, advanced programs, most online programs, treatments, programs for professional certification, classes for credit or CEUs are not eligible. Private classes are not eligible with the exception of one-on-one personal training or nutritional counseling for adults and dependent children age 18 and older.
 Program is subject to change without notice.

Eligible Programs	ActivityType	Additional Information
Injury Prevention		
AARP Driver Safety On-Line Course	Non-Physical Activity	
AED Training	Non-Physical Activity	
ANA (Acoustic Neuroma Assoc) National Symposium	Non-Physical Activity	Classes only; not meals, lodging, travel expenses, etc.
Babysitting Training	Non-Physical Activity	
Basic CPR	Non-Physical Activity	Online CPR eligible only with proof of hands-on competency testing
Basic CPR & First Aid	Non-Physical Activity	
Bicycle Fitting Class	Non-Physical Activity	
Child and Infant CPR	Non-Physical Activity	
Defensive Driving/Driver Safety (Basic)	Non-Physical Activity	
Firearm Safety	Non-Physical Activity	
NRA Personal Protection in the Home	Non-Physical Activity	
Hunter Safety	Non-Physical Activity	
Kayak Safety/Whitewater Safety	Non-Physical Activity	
Motorcycle Rider Training	Non-Physical Activity	
Mountain Biking Safety	Non-Physical Activity	
Safe on My Own: safety at home	Non-Physical Activity	
Wilderness First Aid	Non-Physical Activity	
Medical Self-Care		
Achondroplasia (dwarf) conference	Non-Physical Activity	Classes only; not meals, lodging, travel expenses, etc.
Alternative Insemination Program Orientation/Overview	Non-Physical Activity	
Alternative Medicine Approaches to Heart Disease	Non-Physical Activity	
Baby Signs	Non-Physical Activity	Classes only; not products/supplies
Baby Steps - Nurturing Your Baby's Growth & Develop't: Reading & Signing	Non-Physical Activity	
Baby Steps - Nutrition-Making Healthy Choices/Starting Solids	Non-Physical Activity	
Behavior & Learning Disabilities in Children/Nonverbal Learning Disabilities	Non-Physical Activity	
Bipolar Disorder Annual Conference	Non-Physical Activity	Classes only; not meals, lodging, travel expenses, etc.
Buteko Breathing Method	Non-Physical Activity	
Capitalizing on Emotional Intelligence	Non-Physical Activity	
Cardiac Risk Factor Modification Program	Non-Physical Activity	
Care for the Caregiver	Non-Physical Activity	
Diabetes Education and Camp	Non-Physical Activity	
Diabetes Exercise Program	Non-Physical Activity	
Girls on the Run	Non-Physical Activity	
How Stella Got Her Groove Back and Her HDL Up	Non-Physical Activity	

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IBD Symposium for Patient and Family	Non-Physical Activity	Classes only; not meals, lodging, travel expenses, etc.
Menopause and Aging	Non-Physical Activity	
Mid-Life & Aging	Non-Physical Activity	
Natural Health Care for the Whole Person	Non-Physical Activity	
OCD (Obsessive Compulsive Disorder) conference/workshop	Non-Physical Activity	Classes only; not meals, lodging, travel expenses, etc.
Pfirates workshop/class	Non-Physical Activity	Pelvic floor pilates to prevent pelvic floor issues (medical self care)
Osteoporosis Education	Non-Physical Activity	
Sensory Processing Disorders	Non-Physical Activity	
Stress & Heart Disease	Non-Physical Activity	
The Cleanse Program at Naturopathic Clinic & Crosser Center	Non-Physical Activity	Classes only; not products/supplies
Understanding Autism	Non-Physical Activity	
Personal Training		
Curves Complete Program	Non-Physical Activity (25)	Reimbursable only for adults and dependents age 18 and over
Personal Training - One-on-One	Non-Physical Activity (33)	Reimbursable only for adults and dependents age 18 and over
Personal Training - Group (two or more)	Non-Physical Activity (33)	Reimbursable only for adults and dependents age 18 and over
Physical Activity		
Aerobics	Physical Activity	
Amp'ed Up program at Seacoast Sports Clubs	Physical Activity	
Archery	Physical Activity	
Aquatics/Swimming classes	Physical Activity	
Aqua Aerobics & Aquatics for Arthritis	Physical Activity	
Back to Golf Conditioning Program	Physical Activity	
Balls, Bands and Weights	Physical Activity	
Baton class	Physical Activity	
Belly dancing class	Physical Activity	
Body Balance (Pilates, Yoga, stretch workouts)	Physical Activity	
Body Sculpt	Physical Activity	
Body Works (strength, flexibility, core & mat class)	Physical Activity	
BodyWISE	Physical Activity	
Boot Camp (& Adventure Boot Camp for Women)	Physical Activity	
Bosu, training class on Bosu ball	Physical Activity	
Boxing	Physical Activity	
Butts & Gutts	Physical Activity	
Cardiac/Diabetes/Cancer Health Exercise Class-Lifestyle Management Program	Physical Activity	
Cardio Kickboxing	Physical Activity	
Cheerleading classes/camps	Physical Activity	
Chi Running for Wellness class	Physical Activity	
Dance class (ballroom, ballet, tap, jazz, hip hop, lyrical, etc.)	Physical Activity	
Dome Walk (Hampshire Hills)	Physical Activity	
Extreme Shape-up class	Physical Activity	
Fencing	Physical Activity	
Fitness Camp/Boot Camp	Physical Activity	
Fitness Education Class	Physical Activity	

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Fitness Link (Elliot)	Physical Activity	
Fitness, Lifestyle, Initiative Program (FLIP)	Physical Activity	
Forever Fit Group Exercise for Seniors (Hampshire Hills)	Physical Activity	
Gymnastics	Physical Activity	
Heart 2 Heart	Physical Activity	
Heart Health Class	Physical Activity	
Integrity Health Support for Women 6-wk Shapeup Plan	Physical Activity	Classes only; not products/supplies; massage not eligible
Jazzercise	Physical Activity	
Jr. Strength Training (train to exercise safely)	Physical Activity	
Kettlebell 101 and Basic	Physical Activity	
Kickboxing	Physical Activity	
Martial Arts class (Jiu-Jitsu, Karate, Tae Bo, Tae Kwon Do,	Physical Activity	
Me & My Shadow-YMCA	Physical Activity	
Mighty Mites class	Physical Activity	
Mind-Body Boost class/One 2 One Fitness	Physical Activity	
Mini Sports Jam	Physical Activity	
Mommy & Me Fitness	Physical Activity	
Motherwell Fitness class	Physical Activity	
Motion Works	Physical Activity	
Moving Into Wellness, Senior Exercise class	Physical Activity	
NIA (Neuromuscular Integrative Action)	Physical Activity	
Parisi Training	Physical Activity	
Pilates: Core Stabilization Classes	Physical Activity	
Plyometrics Exercise	Physical Activity	
Pound for Pound Personalized Fitness Training	Physical Activity	
Prenatal Swimming	Physical Activity	
Progressive Resistance Training for Women	Physical Activity	
Pulmonary Maintenance & Exercise Program	Physical Activity	
Rehab 3 Arthritis Foundation Aquatic Program	Physical Activity	
Ramp Camp (skateboarding)	Physical Activity	
RISE fitness/weight classes	Physical Activity	
Rowing (indoor rowing/learn to row)	Physical Activity	
Self-Reported Physical Activity	Physical Activity	Adults and dependents age 18 and older only
Skating (lessons only-not rink fees)	Physical Activity	Lessons only; rink fees not eligible
Ski lessons	Physical Activity	Rental fee not eligible
Spinning/cycling	Physical Activity	
Sports - adults (group classes/programs) such as horseback riding, learn to skate, tennis	Physical Activity	
Sports - children under age 18 (group classes/camps/lessons) such as soccer, basketball, tennis	Physical Activity	Competition and leagues, clubs, individual dues/fees, Scouts are not eligible
Sports Conditioning	Physical Activity	
Squeaky Sneakers, YMCA	Physical Activity	
Strong Living	Physical Activity	
Strong Women	Physical Activity	

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Surf Camp	Physical Activity	
Swing Dancing	Physical Activity	
Tailored to Fitness	Physical Activity	
Totally Lean	Physical Activity	
Transitional Swim (Pool Exercise after therapy)	Physical Activity	
Triathlon Class	Physical Activity	
Walking for Fitness class	Physical Activity	
Walking Works Wonders	Physical Activity	
What is your weight worth?	Physical Activity	
Youth Conditioning Program	Physical Activity	
Zumba-dance/exercise combo	Physical Activity	
Preventive Care		
Baby Steps - Safety, Car Seats & First Aid Kits	Non-Physical Activity	
Dogs and Storks	Non-Physical Activity	
Drug and Alcohol Awareness Program	Non-Physical Activity	
Fit and Healthy, Kidstyle	Non-Physical Activity	
Fit Kids	Non-Physical Activity	
Hanna Somatic Back Workshop	Non-Physical Activity	
Institute for Health Solutions Retreat (Pacific Northwest)	Non-Physical Activity	Classes only; not meals, lodging, travel expenses, etc.
Lamaze/Hypnobirthing/childbirth classes	Non-Physical Activity	
Parenting	Non-Physical Activity	
Personal Goals-Your Path to Better Fitness	Non-Physical Activity	
Women's Health & Wellness Annual Conference	Non-Physical Activity	
Smoking/Tobacco Cessation		
Get Quit (www.get-quit.com)	Non-Physical Activity	Covered persons 18 years and older only; certificate of completion required
Smoking Cessation (behavioral modification class)	Non-Physical Activity	Covered persons 18 years and older only; cost of OTC and prescription smoking deterrent used in conjunction with class is eligible (Wellbutrin not eligible)
Nicotine Replacement Therapy (Chantix, Nicorette, etc.)	Non-Physical Activity	Eligible only when used in conjunction with a smoking cessation class; Wellbutrin not eligible
Stress and QOL		
21 Day Thought Cleanse	Non-Physical Activity	
Anger Mangement	Non-Physical Activity	
Aromatherapy	Non-Physical Activity	
Assault Prevention-Self Defense	Non-Physical Activity	
Baby Steps - Balancing work & Family	Non-Physical Activity	
Baby Steps - Infant Massage & Stress Busters for Parents	Non-Physical Activity	
Chi Kung, Kung Fu	Non-Physical Activity	
Growing Bolder:Using Creativity to find your own voice	Non-Physical Activity	
Healing From Within	Non-Physical Activity	
Holistic Health	Non-Physical Activity	
Igniting your Intuition	Non-Physical Activity	
Integrated Energy Therapy	Non-Physical Activity	
Introduction to Ayurveda	Non-Physical Activity	
Introduction to Massage	Non-Physical Activity	Introductory class only; massage therapy not eligible
Jin Shin Jyutsu Self Help Class: Safety Energy Locks	Non-Physical Activity	

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Kripula Danskinetics	Non-Physical Activity	
Life, Laughter & Endless Possibilities	Non-Physical Activity	"Donation" not eligible; not eligible in theater setting
Loretta LaRoche & Company	Non-Physical Activity	"Donation" not eligible; not eligible in theater setting
Managing Anxiety and Stress	Non-Physical Activity	
Meditation, Stress Reduction thru Mindfulness	Non-Physical Activity	
Mindfulness Based Cognitive for Prevention of Depression Relapse	Non-Physical Activity	
Mindfulness Based Stress Reduction	Non-Physical Activity	
Radical Makeovers from the Inside Out-Get in Shape Physically & Emotionally	Non-Physical Activity	
Reiki - Basic to Intermediate (Levels 1 and 2)	Non-Physical Activity	Level 1 and 2 class only; Reiki treatment not eligible
Self-Defense class	Non-Physical Activity	
Somatics (for stress & flexibility)	Non-Physical Activity	
Tai Chi	Non-Physical Activity	
T'ai Chi Chi Kung	Non-Physical Activity	
T'ai Chi Slow Set	Non-Physical Activity	
The Practice of Meditation	Non-Physical Activity	
Tibetan Healing Workshop	Non-Physical Activity	
Top 10 Pain Releasers (for stress & pain)	Non-Physical Activity	
Yoga	Non-Physical Activity	Basic to Intermediate only; various types
Weight Management and Nutrition		
12 week Weight Loss class	Non-Physical Activity	
20 day Rejuvenation & Weight Loss Program	Non-Physical Activity	Classes only; not products/supplies
3 Hour Diet	Non-Physical Activity	
60 Days to Wellness, the Works	Non-Physical Activity	16 exercise sessions including wgt counseling at the Works Fitness Center
Balance & Control for Weight Management	Non-Physical Activity	
Biggest Looza	Non-Physical Activity	
Biggest Loser, Bristol	Non-Physical Activity	
Choosing the Right Weigh	Non-Physical Activity	
Commit to Get Fit	Non-Physical Activity	
Cook Better, Live Better	Non-Physical Activity	
Cooking WELLIot	Non-Physical Activity	
Create Your Weight	Non-Physical Activity	
Curves Weight Management Class/6-week challenge	Non-Physical Activity	Classes only; not products/supplies
Diet for Health (formerly FirstLine Therapy)	Non-Physical Activity	
Health Coaching	Non-Physical Activity	
Extreme Lifestyle Makeover	Non-Physical Activity	
Fast & Fit	Non-Physical Activity	Center for Health Promotion, Concord NH; weight loss program
Fast and Forever	Non-Physical Activity	Classes only; not products/supplies
FirstLine Therapy Class	Non-Physical Activity	
Food & Fun for the Family (healthy meals)	Non-Physical Activity	
HealthFast	Non-Physical Activity	
Healthy Lifestyles	Non-Physical Activity	
Healthy Weigh	Non-Physical Activity	
Healthy Weight Loss Systems, Inc. (of the Villages, FL)	Non-Physical Activity	Classes only; not products/supplies

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HMR Weight Loss Program	Non-Physical Activity	Classes only; not products/supplies
I Lost It At the Club	Non-Physical Activity	
iDiet tm	Non-Physical Activity	
Ideal Protein Center - Lynch Chiropractic, PC	Non-Physical Activity	Classes only; not products/supplies
Inches-A-Weigh	Non-Physical Activity	Classes only; not products/supplies
Just Do It	Non-Physical Activity	
LA Fitness	Non-Physical Activity	Classes only; not products/supplies
Lifestyle Exercise & Nutrition (LEAN) Program	Non-Physical Activity	
Lite-Life, Inc.	Non-Physical Activity	Classes only; not products/supplies
Lo-Carb Launch at Concord Hosp Ctr for Hlth Promo	Non-Physical Activity	
Medifast	Non-Physical Activity	Classes only; not products/supplies
New Profiles ~ a weight loss program	Non-Physical Activity	
Nutrition Revolution, Health Compass	Non-Physical Activity	
Nutritional Weight & Wellness Inc	Non-Physical Activity	
ONE Personal Weight Loss Program	Non-Physical Activity	
OptiFast Weight/Nutrition	Non-Physical Activity	Classes only; not products/supplies
Pace Basic Weight Mgmt (Pace, Lancaster)	Non-Physical Activity	
Physicians Healthy Weight Center program (one-on-one nutritional counseling)	Non-Physical Activity	Adults and dependents age 18 and older only
Quick & Easy Meals	Non-Physical Activity	
Rapid Weight Loss Program	Non-Physical Activity	
Round Bodies Meltdown	Non-Physical Activity	
SenseWear, Synergy	Non-Physical Activity	Classes only; not products/supplies
Shape Down	Non-Physical Activity	
Stress Management for Weight Loss	Non-Physical Activity	
Taming of the Chew	Non-Physical Activity	
Team Fitness Body Make-Over	Non-Physical Activity	
The Soy of Cooking	Non-Physical Activity	
Thin Commandments Diet	Non-Physical Activity	
Think and Grow Healthy (nutrition, weight control)	Non-Physical Activity	
TOPS (Take Off Pounds Sensibly)	Non-Physical Activity	
Transitions Weight Loss & Lifestyle education portion only	Non-Physical Activity	Classes only; not products/supplies
Vegetarian Eating	Non-Physical Activity	
Weight Loss Basics	Non-Physical Activity	
Weight Mgmt Prog-Hampstead Fitness	Non-Physical Activity	Classes only; not products/supplies
Weight No Longer	Non-Physical Activity	
Weight Sense (HMR)	Non-Physical Activity	Classes only; not products/supplies
Weight Watchers (includes at Home and online)	Non-Physical Activity	
Why Weight	Non-Physical Activity	