



MARTIN'S POINT®  
HEALTH CARE

GENERATIONS  
ADVANTAGE

## Reimbursable 2021 Wellness Wallet:

### **Memberships / Leagues / Lessons**

Gym / Fitness Club	Softball / Baseball League
Community Pool	Soccer
Track / Field	Snowshoeing
Squash	Basketball
Pickleball (leagues or court rental)	Volleyball
Golf	Bowling
Disc Golf	Ping Pong
Ski / Lift Pass	Shuffleboard
Running Club	Horseback Riding

Weight Management Subscriptions: Weightwatchers, Noom, Daily Burn, Beach Body, Good Measures, etc. (Food not included)

### **Classes (In person / online / video)**

Dance Classes by certified instructor (swing, jazz, line, Zumba, etc.)

Fitness Classes by certified instructor (kickboxing, yoga, cycling, Tai Chi, swimming, Feldenkrais, etc.)

Personal Fitness Trainer (not covered in the home)

Kayak / Canoe Lessons

## **Equipment**

Adult Balance Board	Resistance Bands
Bicycle trainer (Device to convert an outdoor bicycle to an indoor bicycle)	Roller Skates / Roller Blades
Body Weight Suspension System (not the same as an inversion table)	Rowing Machine
Core Blades	Skis (any variety)
Disc Golf Discs	Small Fitness Trampoline
Dumbbells / Weights	Snowshoes
Elliptical	Softball Mitt / Baseball Mitt
Exercise Ball	Spikes to attach to shoes.
Exercise Sneakers	Sports Balls (soccer, baseball, basketball, etc.)
Foam Rollers	Stabilizing Mat
Golf Clubs	Stationary Bike
Hiking Boots	Tennis Racket
Ice Skates	Treadmill
Kayaks /Canoes	Vibration Plate
Micro spikes for ice climbing	Weight Rack
Paddleboard	Weight Rack
Pedal Exerciser	Weighted fitness vests / straps
Ping Pong Table	Weightlifting bench
Punching Bag	Wet Suit
Reflective Safety Wear	Yoga Mat / Block
Fitness Brace (back, ankle, wrist, elbow, etc) Copper Posture Braces	
Bicycles (Outdoor)	
Bicycle Maintenance	
Bicycle Distance Tracker	
Power Assisted Bicycle (electric)	
Bicycle Safety Lights / Reflectors	
Bicycle Helmet	
Exercise related books.	
Yoga Poses book	
Stretching book	

## **Face Masks / Face Coverings**

Cloth masks / face coverings purchased through a website, retail store, or DME provider.

Filters for Face Masks

Plastic Face Coverings

Surgical masks may be covered (limit 50 masks per month to reserve supplies for health care workers and medical first responders).

(Face Mask exclusions: N95, P95 respirators, homemade cloth mask supplies, children's masks, gloves. )

## **Wearable Fitness Trackers**

All wearable fitness trackers

(Apple Watch, Samsung Galaxy Watch, Oura Ring, Pedometers, ect)

## **Naturopathic Services**

Acupuncture (by a licensed naturopath or acupuncturist)

Cupping

Immunization (The office visit with a naturopath would be reimbursable via WW, not the actual drug or administration of the drug.)

Dietary Therapy

## **Not Reimbursable**

- Chiropractic Care
- Massage Therapy
- Cranial Sacral Therapy
- Acupressure
- Bowen Therapy
- Reiki
- Vitamins
- TENS Unit / Muscle Stim
- EKG machines or applications
- Homeopathic Medications
- Meditation Classes / Videos
- Home Pool
- DNA Kits (ancestry, 23&me, or food sensitivity kits)
- Inversion Table
- Gift Cards
- Cell Phones
- 7 Day Cleanse
- Fitness equipment not purchased at a licensed retail establishment (example: yard sale or Craigslist).
- N95 or P95 respirators (these are reserved for medical professionals or residents effected by wildfire.
- Homemade cloth mask supplies
- Children's Masks
- Gloves
- Sanitizer
- Full Power Scooters
- Air Purifier