



## Wellness Program | Announcement

COORSTEK

The CoorsTek Wellness Reimbursement program is designed to help encourage and support healthy lifestyles and covers a variety of wellness expenses such as gym memberships, nutrition counseling, and much more. **Up to \$300** in eligible expenses can be reimbursed and multiple expenses may be submitted up to that amount. **To be eligible for reimbursement of 2022 expenses, you must complete a Health Screening.** Please refer to the information below to verify eligible expenses and for instructions on how to receive your reimbursement.

### DEADLINES

**September 30, 2022**

Complete your Health Screening

**December 16, 2022**

Submit your final receipts for reimbursement

# 2022 Wellness Reimbursement Program

### Eligible Expenses\*

Eligible expenses include but are not limited to:

- Health club membership or dues
- Fitness classes including Pilates, yoga, spinning, aerobics, strength training, tai chi, kickboxing, martial arts, etc.
- Computer software or fitness videos (DVD/streaming)
- Nutrition counseling
- Personal trainers
- Recreational race registration fees (5k's, 10k's, marathons, obstacle races, etc.)
- Recreational athletic league fees
- Smoking cessation programs or aids (Rx or FDA OTC medication)
- Weight loss programs (Weight Watchers, Nutrisystem®, etc.)
- Stress management classes
- Health education courses (disease management, etc.)
- Drug or Alcohol Abuse assistance or services

\*Virtual versions of eligible expenses will be allowed for 2022.

### Ineligible Expenses

Ineligible expenses include but are not limited to:

- Purchase of exercise equipment
- Diet or fitness books
- Fitness trackers or pedometers
- Shoes or clothing
- Products used to enhance or maintain performance
- Purchase of fitness or weight loss beverages, food, prescription medication, vitamins, nutritional supplements
- Alternative care methods including massage therapy, acupuncture, chiropractor, etc.
- Ski passes, golf memberships, etc.

### HOW DO I RECEIVE MY REIMBURSEMENT?

Follow these instructions to receive your wellness reimbursement. All expenses are reviewed for eligibility.

If you have an expense that is not listed, or if you have general questions, please email [wellness@coorstek.com](mailto:wellness@coorstek.com).

1. Complete your Health Screening by 9/30/2022. (Log your Dr. visit on My.QuestForHealth.com)
2. Submit your eligible expenses for reimbursement to [wellness@coorstek.com](mailto:wellness@coorstek.com) <mailto:wellness@coorstek.com> by 12/16/2022.
3. Provide proof of payment/receipts and a description of the reimbursable item.
  - You can submit multiple expenses up to \$300 annually.
  - Please submit multiple expenses at the same time, if possible.
4. Include a Pay and Deduction adjustment form found on the Wellness page on Elements, the CoorsTek intranet site.
  - You do not need a supervisor or HR signature on the form.
5. Your expense(s) will be reimbursed on a future payroll.



For more information, please contact [wellness@coorstek.com](mailto:wellness@coorstek.com), or visit the Wellness page on Elements, the CoorsTek intranet site.