
2018 NY/NE Regional Work & Family Health & Wellness Program

Healthy weight management

The New York New England CWA/IBEW Work and Family Committee recognizes that your health is important. Regular exercise and weight management have been shown to improve fitness, reduce stress and fight obesity.

Take an active role in your health by maintaining a healthy weight and choosing behaviors that reduce your risk for chronic disease. Convenient, affordable weight management programs based on healthful eating, physical activity and behavior modification are available to you and your eligible family members to support your weight loss and weight management efforts.

Employee discounts

The following discounts for Verizon employees are under Health in the [Employee Discount section in About You](#). (VZWeb > About You > For Me > Employee Discounts)

Weight Watchers

Whether you want the Weight Watchers online program or to attend a meeting, the collaboration of Verizon and Weight Watchers makes it easy for you to get started losing or managing your weight. Check out the [bundled offers](#) for meetings, online or at work bundles or call 1.888.896.9555.

GlobalFit

You and your family have access to the nation's leading provider of healthy living benefits through GlobalFit. Contact GlobalFit at 1.800.294.1500 or visit [GlobalFit](#) to find a convenient affordable health club.

Active&Fit Direct

With more than 9,000 fitness centers nationwide, Active&Fit Direct is available to employees and their dependents over 18. Individual membership costs \$25 a month, plus a one-time \$25 enrollment fee. You must enroll through the link on the [Employee Discount section in About You](#). (VZWeb > About You > For Me > Employee Discounts)

You may also want to use the **Verizon Health Zone** (on VZWeb's About You) for free personalized information and resources for healthful living. (VZWeb > About You > For Me > WellConnect > My Healthy Living)



The New York New England CWA/IBEW Work and Family Committee recognizes that your health is important and are providing details on the 2018 NY/NE Regional Work & Family Health & Wellness Program. Regular exercise and weight management have been shown to improve fitness, reduce stress and fight obesity.

Enrollment guidelines

All NY/NE CWA/IBEW 2213 Verizon employees are eligible for enrollment including CWA Local's 1395, 1302 and 1400.

- This is a pilot program; eligibility for enrollment ends when allocated funds are depleted. All employees will be eligible for up to sixty (\$60) dollars reimbursement for costs incurred from June 1, 2018 to Nov. 30, 2018. Employees can newly enroll or already be enrolled in a health and wellness program to be eligible for reimbursement. The reimbursement will only from the time period from June 1, 2018 to Nov. 30, 2018.
- Download an enrollment application at regionalwfr.com located under the NY/NE Health & Wellness Program page.
- Attach a copy of the signed Health and Wellness/Gym-Fitness membership agreement (Agreement must indicate the billing party and employees name) to your enrollment application and mail via U.S. Mail to:
NY/NE Regional Work & Family Committee
c/o Fund Administrator Beverly Steele
120 Hicksville Road, Room 200-A
Massapequa, NY 11758
- Health and Wellness/Gym Membership is for **employees only**.
- Employees are eligible to participate in the DCRF, Pendant and Health and Wellness programs at the same time
- Reimbursement submissions must be post marked on or before 11/30/18.
- All Health & Wellness/Gym reimbursements received from this program are taxable.
- Employees will receive reimbursement for 2018 usage in the Jan. 25, 2019 paycheck.

In addition to the Health and Wellness Program, employees are encouraged to log in to the Verizon VzWeb and navigate to WellConnect. (VZWeb > About You > For Me > WellConnect > My Healthy Living). In WellConnect, you will find many resources to help with weight management, healthy eating, fitness and exercise tips. On VZWeb's About You, you'll find the discounts discussed in this package, including nutrition programs as well as qualified fitness centers through Global Fit or Active & Fit Direct.

The employee assumes all responsibility for determining the quality of the provider and assumes all responsibility for choosing a provider. Verizon and CWA/IBEW are neither responsible nor liable for any injuries or damages of any nature suffered as a result of the acts or omission of a provider of care in the operation of its business.

My eligibility for reimbursement terminates upon my termination of employment with Verizon. Verizon and CWA/IBEW retain the right to change eligibility requirements or amount of reimbursement as well as any other provision including discontinue the



program at any time.

Contact your Local Union Representative with any additional questions.

