

2025 Wellness Wallet



Wellness Wallet amounts (up to your plan's annual limit) can be used for the purchase, assembly, repair, replacement, delivery, shipping, and tax of any item listed below, as well as for costs for memberships, classes, leagues, and fees.

Note: For the 2025 calendar year, this document outlines all items/services covered by the Wellness Wallet. Additional items/services not included in the Wellness Wallet may be available through other extra benefits. For more details on extra benefits and reimbursement process, please visit MartinsPoint.org/WellnessWallet

Sports

Lessons, leagues, and associated equipment

- » Baseball/Softball
- » Cycling/Biking
- » Boxing
- » Golf
- » Hockey/Ice Hockey
- » Skiing (cross-country, downhill, water)
- » Swimming
- » Tennis
- » Running
- » Basketball
- » Lacrosse
- » Pickleball
- » Racquetball
- » Soccer
- » Volleyball

Dance

Lessons and associated equipment

- » Zumba
- » Jazz
- » Ballet
- » Tap
- » Cultural dance (Latin, Indian, Irish, African etc.)
- » Ballroom
- » Dance Choreography
- » Swing dance
- » Hip/hop
- » Line dancing
- » Any other organized dances

Tech Items

Wearable fitness trackers

- » Apple Watch
- » Google Watch
- » Fitbit
- » Replacement straps, chargers
- » Android Watch

Exercise/Fitness

Classes, associated equipment, and fees

- » Yoga
- » Kickboxing
- » Gym membership
- » Rock Climbing
- » Pilates
- » Feldenkrais
- » In-home exercise equipment
- » Online fitness membership/classes
- » Free weights/weight system
- » Personal trainer (not in-home)

Weight Management Subscriptions

(Food is not reimbursable.)

- » Noom
- » Weight Watchers
- » Optivia
- » Center of Well-Being (New Hampshire)

Alternative Therapies

Related services and supplies

- » Naturopathic visits/service (must be licensed naturopath)
- » Acupuncture Services (must be provided by a licensed provider)
- » Acupressure
- » Nutritional Services (must be provided by a licensed provider)
- » Coping with life changes counseling
- » Conflict Resolution counseling
- » Grief counseling
- » Reflexology
- » Aromatherapy
- » Energy Therapy (i.e., Reiki, healing touch)
- » Art or Music therapy
- » Anodyne therapy
- » Meditation classes

Martial Arts

Classes, associated equipment, and fees

- » Karate
- » Tai Chi
- » Taekwondo
- » Kung Fu
- » Judo
- » Jiu-Jitsu
- » Muay Thai
- » Krav Maga
- » Aikido
- » Capoeira
- » Wing-Chung
- » Qigong

Recreational Sporting Activities

Lessons, associated equipment, and fees

- » Badminton
- » Bocce Ball- balls and pallina
- » Bowling- bowling balls/shoes (purchase or rental)
- » Cricket
- » Croquet
- » Curling
- » Fishing
- » Frisbee
- » Pétanque
- » Ping Pong equipment
- » Roller Blading
- » Squash
- » Shuffleboard
- » Surfing
- » Stand Up Paddleboard
- » Scuba/Snorkeling
- » Snowshoeing
- » Hiking
- » Kayaks, paddles
- » Canoes, oars
- » Pickle Ball
- » Stretch therapy

Footwear

Sport and Non-leisure Footwear

- » Cleats
- » Winter Boots
- » Sneakers
- » Non-medical orthopedic footwear
- » Orthotic inserts, insoles, lifts
- » Sports specific shoes

Mobility

Support and strength training equipment

- » Treadmill/Walking Pad
- » Grip Strengtheners
- » Kegel Weights
- » Resistance Bands
- » Thumb Brace
- » Compression Sleeves
- » Straps (knee, elbow, ankle)
- » Wearable weights/sandbags/Weight benches
- » Yoga Strap/Yoga Matt/Yoga Booster
- » Pedal Exercises
- » Medicine Balls for workout
- » Leg Exercise machines
- » Balance Board
- » Balance ball Trainer
- » Back Support Brace
- » Foam Balance pad
- » Foam Rollers
- » Walking Stick
- » Shoehorns

Health Items

Face covering/masks and supplies

- » Surgical, cloth, and plastic face masks (must be purchased through a website, retail store, or DME provider)
- » KN95
- » KF94
- » N95
- » Envo Masks