

# 2024 Wellness Wallet



MARTIN'S POINT®

MEDICARE ADVANTAGE PLANS

GENERATIONS ADVANTAGE

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 2024 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](https://MartinsPoint.org/WellnessWallet)

## Sports

*Lessons, leagues, and associated equipment*

- » Baseball/Softball
- » Cycling/Biking
- » Boxing
- » Kickboxing
- » 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
- » Ballroom
- » Dance Choreography
- » Swing
- » Hip hop
- » Line dancing
- » Any other organized dances

## Exercise/Fitness

*Classes, associated equipment, and fees*

- » Yoga
- » Kickboxing
- » Gym Membership
- » Rock Climbing
- » Pilates
- » Feldenkrais
- » Exercise Equipment (in-home)
- » Online Fitness Membership/Classes
- » Free Weights/Weight System
- » Personal Trainer (not in-home)

## Martial Arts

*Classes, associated equipment, and fees*

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

## Recreational Sporting Activities

*Lessons, associated equipment, and fees*

- » Badminton
- » Bocce Ball and Pallina
- » Bowling, including Balls & Shoes (purchase or rental)
- » Cricket

- » Croquet
- » Curling
- » Frisbee
- » Pétanque
- » Ping pong
- » Rollerblading
- » Squash
- » Shuffleboard
- » Surfing
- » Scuba/Snorkeling
- » Snowshoeing
- » Hiking
- » Kayaks, Paddles
- » Canoes, Oars
- » Pickleball
- » Stretch Therapy

## Weight Management Subscriptions

*(Food is not reimbursable.)*

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

## Wearable Fitness Trackers:

- » Apple Watch
- » Fitbit
- » Replacement Straps, Chargers
- » Android Watch

## Alternative Therapies and Related Supplies:

- » Naturopathic Visits/Service (must be licensed naturopath)
- » Acupuncture (must be provided by a licensed provider)
- » Acupressure
- » Nutritional Services (must be provided by a licensed provider)
- » Counseling—coping with life changes
- » Counseling—conflict resolution
- » Counseling—grief
- » Reflexology
- » Aromatherapy
- » Energy Therapy (e.g., Reiki, Healing Touch)
- » Art or Music Therapy
- » Anodyne Therapy
- » Meditation Classes

## Footwear

*\*\*Used to reimburse for non-leisure footwear used for any covered sports or services. For example:*

- » Cleats
- » Winter Boots
- » Non-leisure Sneakers
- » Non-medical Orthopedic Footwear
- » Orthotic Inserts, Insoles, Lifts
- » Sports-specific Shoes

## Mobility Support and Strength Training Equipment:

- » Treadmill/Walking Pad
- » Grip Strengthener
- » Kegel Weights
- » Resistance Bands
- » Thumb Brace
- » Compression Sleeves
- » Straps (knee, elbow, ankle)
- » Wearable Weights/Sandbags/Weight Benches
- » Yoga Strap/Mat/Booster
- » Pedal Exercise
- » Medicine Balls for Workout
- » Leg Exercise Machines
- » Balance Board
- » Balance Ball Trainer
- » Back Support Brace
- » Foam Balance Pad
- » Foam Rollers
- » Walking Stick
- » Shoehorns

## Face Covering/Masks and Supplies:

- » Face Masks—Surgical, Cloth, and Plastic (must be purchased through a website, retail store, or DME provider)
- » KN95
- » KF94
- » N95
- » Envo Masks