

Health Directions Reimbursement Plan FAQs

Who is eligible for this program?

ALL Lexington Medical Center employees.

How do I earn my reimbursement?

Visit Health Directions for a workout 10 times per month EVERY month for 12 CONSECUTIVE months.

I am a Health Directions Personal Training client. Do my personal training sessions count towards monthly visit count?

Yes

What if I miss my workouts because of illness, vacation, or injury?

You MUST attend 10 times per month each month in the 12-month period, regardless of vacations, illness, etc. If you freeze your membership (with a medical release), your membership is extended (for an agreed upon amount of time) and your visit history will be reviewed at your updated expiration date.

How can I keep track of my visits?

Employees are encouraged to use a calendar or other personal tracking method to keep track of their visits. You may also ask the front desk staff to check your visit history.

How will I receive my reimbursement?

Health Directions will review your visit history once you have reached your 12 months. If you successfully met the requirements of 10 visits EVERY month for 12 consecutive months, we will notify payroll and you will receive the reimbursement in your paycheck.

(Please note: this could take several paychecks depending on pay period ending dates.)

