

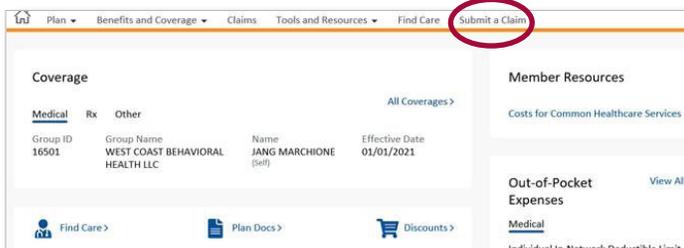


# How to Submit Your Massage, Acupuncture or Sensory Deprivation Claims Online

## How to submit a claim online

1. After logging in to your Meritain Health® account through the web portal or via the app, click on the *Submit a Claim* link at the top of the page.

You can submit claims for any covered member.



2. Out of the three claim types available, select *Wellness Dollar Reimbursement*. Then, follow the instructions as they appear on the screen. You will be guided to answer additional questions in order to complete the selected claim type option.

The patient is \*
   

  
 Claim type
   

  
Please use this option for your annual \$1,000 benefit for massage, acupuncture and sensory deprivation therapy claims only. This option is NOT to be used for Lifestyle Education reimbursement, as it has its own separate drop down to choose from on the claims submission page.
  
 Wellness Reimbursement Information
   
 Date of Service \* 
  
 Service Type \* 
  
 Total Charges \*

3. Next, you'll be asked to enter information about your claim. Complete the following fields:

- Date of service
- Service type (select from one of the three available options in the drop-down)
- Total charges
- Proof of payment

4. You can then electronically sign and submit your claim.

EMPLOYEE'S (or adult dependent's) SIGNATURE REQUIRED

The statements above are true and correct to the best of my knowledge. I authorize any provider of services to furnish any information requested to the Benefit Administrator. I also authorize the Benefit Administrator to release or obtain from any organization or person information that may be necessary to determine benefits payable under the Benefit Plan. A photo-static copy of this authorization shall be considered as effective and valid as the original. For any payment that exceeds the amounts payable under the Benefit Plan, I agree to reimburse the plan in a lump sum payment or by an automatic reduction in the amount of future benefits that would otherwise be payable.

Signature \*

Date

### Questions? Call us at the number on the back of your ID card.