



NH Local Government Center HealthTrust *Health Awareness* Approved Programs\* eligibility information is defined in the *Health Awareness Program Eligibility Guidelines*. Questions? Call LGC Enrollee Services at 800.527.5001.

**\*Please Note:** List of programs is subject to change without notice.

Approved Programs	Category	Additional Explanation
AED Training	Injury Prevention	
ANA (Acoustic Neuroma Assoc) National Symposium	Injury Prevention	Class only, not meals, lodging, travel expenses, etc.
Aquatics/Swimming classes	Injury Prevention	Basic community level
Basic Driver Safety Course	Injury Prevention	NH Dept. of Safety, AARP On-line, Stevens, National Safety Council
Babysitting Training	Injury Prevention	American Red Cross, other approved organizations
Back to Golf Conditioning Program	Injury Prevention	Speare Memorial Hospital, Plymouth
Basic CPR	Injury Prevention	
Basic First Aid	Injury Prevention	
Bicycle Fitting Class	Injury Prevention	Concord Hospital
Child & Infant CPR	Injury Prevention	
Defensive Driving, Driver Safety	Injury Prevention	NH Dept of Safety, AARP, Stevens, National Safety Council
Firearm Safety	Injury Prevention	
Hunter Safety	Injury Prevention	NH Fish & Game
Kayak Safety	Injury Prevention	
Mountain Biking Safety	Injury Prevention	Norwich Rec. Dept. and others
Motorcycle Rider Training	Injury Prevention	NH Dept of Safety, etc.
Safe on My Own: Safety at Home	Injury Prevention	American Red Cross
Swim Class	Injury Prevention	Only beginner to intermediate levels are reimbursable
Wilderness First Aid	Injury Prevention	
Achondroplasia (dwarf) conference	Medical Self Care	Classes only, not meals, lodging, travel expenses, etc.
Alternative Medicine Approaches to Heart Disease	Medical Self Care	
Alternative Insemination Program Orientation/Overview	Medical Self Care	Fenway Community Health
Baby Signs	Medical Self Care	R. McFarland Center, Stratham, group class only, no products
Baby Steps – Nurturing Your Baby's Growth & Dev't: Reading & Singing	Medical Self Care	Concord Hospital
Baby Steps – Nutrition~Making Healthy Choices/Starting	Medical Self Care	Concord Hospital

Solids

Behavior & Learning Disabilities in Children	Medical Self Care	
Bipolar Disorder Annual Conference	Medical Self Care	Seacoast Mental Health Center
Buteko Breathing Method	Medical Self Care	Elliot Wellness Center-Group classes only
Capitalizing on Emotional Intelligence	Medical Self Care	
Cardiac Risk Factor Modification Program	Medical Self Care	
Care for the Caregiver	Medical Self Care	
Diabetes Education	Medical Self Care	
Diabetes Education Camp	Medical Self Care	Only educational component is reimbursable
Diabetes Exercise Program	Medical Self Care	Monadnock Community Hospital
How Stella Got Her Groove Back and Her HDL Up	Medical Self Care	Concord Hospital
IBD Symposium for Patient and Family	Medical Self Care	
Making Money Work for you	Medical Self Care	
Menopause and Aging	Medical Self Care	CMC
Midlife and Aging	Medical Self Care	Womankind Counseling Center, initial screening only
Natural Health Care for the Whole Person	Medical Self Care	
No Bones About It (for Osteoporosis)	Medical Self Care	
OCD (Obsessive Compulsive Disorder) conference/workshop	Medical Self Care	Only conference/workshop/information sessions are reimbursable
Sensory Processing Disorders	Medical Self Care	
Stress & Heart Disease	Medical Self Care	
The Cleanse Program at Naturopathic Clinic	Medical Self Care	Itemized receipt required, group class only, no supplies
Understanding Autism	Medical Self Care	
Walk Tall	Medical Self Care	Huggins Hospital – bone-spine health, exercises
Aerobics	Physical Activity	
Aerobics, Toning, Spinning, Step, etc	Physical Activity	TNT Fitness for Women, classes only, not membership
Aqua Aerobics & Aquatics for Arthritis	Physical Activity	
Balls, Bands and Weights	Physical Activity	Concord Hospital
Biggest Loser Class	Physical Activity	Tapply-Thompson Comm. Center, Bridge Street Gym, and others
Body Balance (pilates, yoga, stretch workouts)	Physical Activity	Derry Center for Adult Studies
Body Sculpt	Physical Activity	
Body Works (strength, flexibility, core & mat class)	Physical Activity	Portsmouth Community Center
Boot Camp (exercise class)	Physical Activity	
Bosu, training class on Bosu ball	Physical Activity	
Butts & Guts	Physical Activity	Concord Hospital
Cardiac Health Exercise Class (CMC Wellness Center)	Physical Activity	Group classes only
Cardiac Kickboxing	Physical Activity	Concord Hospital
Cheerleading class or camp	Physical Activity	Reimbursable for children under 18 years only
Chi Kung	Physical Activity	
Chi Running for Wellness class	Physical Activity	Group classes only

Dance Class (ballet, ballroom, belly, swing, tap, etc.)	Physical Activity	Jackie Sorenson and various others
Dome Walk	Physical Activity	Hampshire Hills
Extreme Shape-up	Physical Activity	Rindge Recreation, cardio, strength, Pilates class, not membership Four Seasons Sports, Gym USA, supervised class only, not membership
Fastrak	Physical Activity	Gym USA, class only, not membership, not gymnastics
Fitness Education Class	Physical Activity	
Fitness, Lifestyle, Initiative Program (FLIP)	Physical Activity	
Fitness Link	Physical Activity	Elliot Hospital
Forever Fit for Seniors	Physical Activity	Hampshire Hills For subscriber, spouse, dependents over 18, attend 8 times per month
Gym Membership	Physical Activity	Group classes, no skill/competition based team, dependents under 18
Gymnastics class or camp	Physical Activity	
Heart 2 Heart	Physical Activity	Concord Hospital exercise class
Heart Health class	Physical Activity	Pace
Hip Hop dance class	Physical Activity	
Integrity Health Support for Women 6-Week Shape-up Plan	Physical Activity	Products, massage are not reimbursable
Jazzercise	Physical Activity	
Jiu-Jitsu	Physical Activity	
Jr. Strength Training	Physical Activity	Fitness Edge, classes only, not membership, Including Tai Chi, Tai Bo, Tae Kwon Do, etc.
Karate class	Physical Activity	
Kettlebell 101 and Basic Kettlebell	Physical Activity	Advance Kettlebell not reimbursable
Kickboxing	Physical Activity	
Lifeline GOALS	Physical Activity	University of Maine, not for credit
Locomotion	Physical Activity	Children's gymnastics class
Martial Arts	Physical Activity	Various forms
Me and My Shadow	Physical Activity	YMCA
Mommy and Me Fitness	Physical Activity	YMCA
Motherwell Fitness class	Physical Activity	Synergy Health & Fitness
Motion Works	Physical Activity	The Works Health Club
Moving Into Wellness Senior Exercise class	Physical Activity	Vanessa Underwood's Fitness Programs
NIA (Neuromuscular Integrative Action)	Physical Activity	Concord Hospital
No Equipment Needed	Physical Activity	Total Fitness Zone
Personal Training	Physical Activity	Reimbursable for Subscriber, Spouse and Retirees 18 yrs and older
Pilates	Physical Activity	Beginner or Intermediate levels
Plyometrics Exercise	Physical Activity	
Pool Membership	Physical Activity	Follow guidelines for gym membership
Pulmonary Maintenance and Exercise Program	Physical Activity	Concord Hospital
Qigong	Physical Activity	
Rehab 3 Arthritis Foundation Aquatic Program	Physical Activity	Exercise in a heated pool to help w/ arthritis pain / stiffness
Resistance training	Physical Activity	

RISE Fitness/Weight Class	Physical Activity	Rivier college, not for credit
Rowing	Physical Activity	Fitness Edge, class only, not membership Reimbursable for 18 yrs & older, 8 dates of 30 min. physical activity per mo.
Self Reported Physical Activity	Physical Activity	
Spinning/cycling	Physical Activity	
Sports for children 17 and under – Class, Training, Camp, Lessons	Physical Activity	Not reimbursable are: Leagues, Clubs, Individual dues or fees, Scouts,
Squeaky Sneakers	Physical Activity	YMCA, parent/child exercise class
Strong Living	Physical Activity	St. Joseph Hospital
Tailored to Fitness	Physical Activity	
Transitional Swim	Physical Activity	Pool exercise therapy class - Rehab 3, Frisbie, MarshBrook Wentworth Douglass Hospital
Walking Works Wonders, Walking Fitness Class	Physical Activity	Concord Hospital, Keene Community Ed, and others
Wellness through Strengthening	Physical Activity	Northeast Delta Dental Fitness Center
Yogalattes	Physical Activity	Concord Hospital
Youth Conditioning Program	Physical Activity	Total Fitness Zone, strength/speed conditioning for children
Baby Steps – Safety, Car Seats First Aid Kits	Preventive Care	Concord Hospital
Fit and Healthy, Kidstyle	Preventive Care	
Get Quit ( <a href="http://www.get-quit.com">www.get-quit.com</a> )	Preventive Care	18 yrs and older are elig.; 52-week Chantix program/print certificate at end
Hanna Somatic Back Workshop	Preventive Care	Concord Hospital
Infant Massage	Preventive Care	
Institute for Health Solutions Retreat (Pacific Northwest)	Preventive Care	Educational component only, requires itemized receipt
Lamaze/childbirth classes	Preventive Care	
Parenting	Preventive Care	
Personal Goals-Your Path to Better Fitness	Preventive Care	6-wk class on diet, exercise & weight - Lady of America
Prenatal Swimming	Preventive Care	
Women's Health & Wellness Annual Conference	Preventive Care	St. Joseph Hospital & Rivier College
Anger Management	Stress and QOL	Group program
Aromatherapy	Stress and QOL	
Baby Steps – Balancing Work & Family	Stress and QOL	Concord Hospital
Baby Steps – Infant Massage & Stress Busters for Parents	Stress and QOL	Concord Hospital
Bach Flower Essence Workshop	Stress and QOL	
Bikram Yoga	Stress and QOL	
Child Impact (Court-ordered program for divorcing parents)	Stress and QOL	
Drumming for Healing	Stress and QOL	
Exploring the Chakras	Stress and QOL	
Freedom from Fear/Lessons in Violence Evasion Seminar for Women - Nagare	Stress and QOL	
Growing Bolder: Using Creativity to find your own voice	Stress and QOL	Inst. for the Advancement of Human Behavior
Healing From Within	Stress and QOL	
Holistic Health	Stress and QOL	

Igniting your Intuition	Stress and QOL	
Integrated Energy Therapy	Stress and QOL	
Introduction to Ayurveda	Stress and QOL	
Introduction to Massage	Stress and QOL	Introductory class only, massage therapy is not reimbursable
Jin Shin Jyutsu Self Help Class: Safety Energy Locks	Stress and QOL	
Kripalu Danskinetics	Stress and QOL	Concord Hospital
Life, Laughter & Endless Possibilities	Stress and QOL	"Donation" not eligible; Warning: provider signature & receipt required
Loretta LaRoche & Company	Stress and QOL	"Donation" not eligible; Warning: provider signature & receipt required
Managing Anxiety and Stress	Stress and QOL	Concord Hospital
Meditation, Stress Reduction thru Mindfulness	Stress and QOL	
Meditation: The Practice of Meditation	Stress and QOL	Concord Hospital
Mindfulness Based Stress Reduction	Stress and QOL	
Radical Makeovers from the Inside Out-Get in Shape Physically & Emotionally	Stress and QOL	
Reiki	Stress and QOL	Level 1 and 2 class, not Reiki treatment
Somatics (for stress & flexibility)	Stress and QOL	
The NH Conference for Women by SkillPath Seminars	Stress and QOL	
Tibetan Healing Workshop	Stress and QOL	Heart's Path Yoga; meditation and gentle movement
Top 10 Pain Releasers (for stress & pain)	Stress and QOL	
Touch for Health Kinesiology Intro Level (4-6 hours)	Stress and QOL	
Yoga	Stress and QOL	Bikram, Itsy Bitsy Yoga, Kripalu, Prenatal, etc. Chantix program, need printout of certificate of completion; must be over 18
Get Quit ( <a href="http://www.get-quit.com">www.get-quit.com</a> )	Tobacco Cessation	Must be over 18
Smoking Cessation Behavioral Modification Class	Tobacco Cessation	Plus reimbursement of Rx in conjunction w/ class
Smoking Cessation	Tobacco Cessation	
Smoking Cessation counseling through Gordian Health Solutions	Tobacco Cessation	
Balance & Control for Weight Management	Weight Mgt/Nutrition	Parkland Medical Center
Bariatric Education Class	Weight Mgt/Nutrition	Portsmouth Hospital
Basic Weight Mgmt	Weight Mgt/Nutrition	Offered at Pace in Lancaster, NH, not circuit training
Choosing the Right Weigh	Weight Mgt/Nutrition	
Comprehensive Weight Management Program	Weight Mgt/Nutrition	Elliot Hospital
Create Your Weight	Weight Mgt/Nutrition	Portsmouth Hospital
Curves Weight Management Class	Weight Mgt/Nutrition	Offered @ some Curves, class only - not circuit training, no products
Health Coaching	Weight Mgt/Nutrition	
Healthy Cooking Classes	Weight Mgt/Nutrition	
Extreme Lifestyle Makeover	Weight Mgt/Nutrition	Concord Hospital-Center for Health Promotion

Diet for Health (formerly First Line Therapy Class)	Weight Mgt/Nutrition	Elliot Hospital
Fast and Forever	Weight Mgt/Nutrition	Concord Hospital-Center for Health Promotion
HealthFast	Weight Mgt/Nutrition	Concord Hospital
Healthy Lifestyles	Weight Mgt/Nutrition	Huggins Hospital – weight mgt, nutrition & exercise
Healthy Weigh	Weight Mgt/Nutrition	
HMR Weight Loss Program	Weight Mgt/Nutrition	Only education component is reimbursable, need itemized receipt
Hypnotherapy for Weight Loss	Weight Mgt/Nutrition	Concord Hospital-Center for Health Promotion
I Lost It at the Club	Weight Mgt/Nutrition	8 week weight loss and exercise program at various gyms
Just Do It	Weight Mgt/Nutrition	Concord Hospital-Center for Health Promotion
Lifestyle Exercise & Nutrition (LEAN) Program	Weight Mgt/Nutrition	Windham Pilates & Wellness Center
Lite-Life, Inc.	Weight Mgt/Nutrition	Only educational component is reimbursable, need itemized receipt
Lo-Carb Launch at Concord Hosp Center for Health Promotion	Weight Mgt/Nutrition	
New Profiles Weight Loss Program	Weight Mgt/Nutrition	Dover Family Practice
Nutrition Counseling	Weight Mgt/Nutrition	Group classes for children; one-on-one reimbursable for 18 and older
ONE Personal Weight Loss Program	Weight Mgt/Nutrition	Elliot Hospital
OptiFast Weight/Nutrition	Weight Mgt/Nutrition	CMC, classes only, no foods, shakes, products
Pace Basic Weight Management	Weight Mgt/Nutrition	Pace, Lancaster, NH
Physicians Healthy Weight Center Program	Weight Mgt/Nutrition	One-on-One nutrition/weight consultations, Hampton, NH
Quick and Easy Meals	Weight Mgt/Nutrition	Concord Hospital
Rapid Weight Loss Program	Weight Mgt/Nutrition	River Valley Club and others
Round Bodies Meltdown	Weight Mgt/Nutrition	Fitness Edge, class only not membership
SenseWear at Synergy	Weight Mgt/Nutrition	Nutrition counseling only, no products
Shape Down	Weight Mgt/Nutrition	
Simple Steps	Weight Mgt/Nutrition	Monadnock Community Hospital
South Beach Diet online	Weight Mgt/Nutrition	
Stress Management for Weight Loss	Weight Mgt/Nutrition	Elliot Hospital
Taming of the Chew	Weight Mgt/Nutrition	
Thin Commandments Diet	Weight Mgt/Nutrition	Catholic Medical Center

Think and Grow Healthy	Weight Mgt/Nutrition	
TOPS (Take Off Pounds Sensibly)	Weight Mgt/Nutrition	
Transitions Weight Loss & Lifestyle	Weight Mgt/Nutrition	
Three Hour Diet	Weight Mgt/Nutrition	Online program only, no food products
Transitions Weight Loss & Lifestyle	Weight Mgt/Nutrition	Educational component only, need itemized receipt
Twelve-Week Weight Loss Class	Weight Mgt/Nutrition	Fitness Edge, separate from membership cost
Villages Wellness Center Weight Loss Program	Weight Mgt/Nutrition	The Villages, FL
Weight Management Program-Hampstead Fitness	Weight Mgt/Nutrition	Seminars only, not journal, products, personal training, body comp analysis
Weight No Longer	Weight Mgt/Nutrition	
Weight Sense (HMR)	Weight Mgt/Nutrition	Classes only, not products
Weight Watchers	Weight Mgt/Nutrition	Also WW At-Home and WW Online
Weight Sense	Weight Mgt/Nutrition	Educational component only, need itemized receipt
Why Weight	Weight Mgt/Nutrition	Concord Hospital & various locations