

## Full Plate Living

Full Plate Living is an online nutrition and weight management program available to all members who want to earn activity points besides becoming healthier. It is based on a high fiber daily diet that also helps you manage your weight.

**100% of program fee covered for Accelerate plan members upon proof of 80% attendance.**

### EARN ASCEND TO WHOLENESS POINTS

Earn two Ascend to Wholeness points for each core video lesson completed (32 points in total).

Log into <https://ascendtowholeness.org/en-US/Member> and select the Lifestyle Program tab. Log each video lesson by checking the box next to "Wellness Activity, Short Session."

Before you fill out the reimbursement form below make sure you have all the required documents to submit the form.

### REIMBURSEMENT CHECKLIST

- ☐ Be an Accelerate Plan member to receive full benefit
- ☐ Attach Full Plate email showing completion of at least 13 core lessons within 16 weeks of enrollment
- ☐ Attach the program receipt or any proof of program payment such as a copy of your check, credit card statement or Full Plate receipt (copied in 8 ½ x 11)
- ☐ Complete and submit this form with the required documents required and listed above to:

**WebTPA**

**Mail:** WebTPA

P.O. BOX 99906

GRAPEVINE, TX 76099-9706

**Fax:** 469-417-1960

**NOTE:** The reimbursement is only once a year. Your plan allows one year to file a claim for reimbursement from when the program was completed.

Administered by:  
Adventist Risk Management® Inc.  
12501 Old Columbia Pike, Silver Spring, MD 20904

## REIMBURSEMENT FORM

FILL OUT THIS PORTION AND SUBMIT IT WITH THE REQUIRED DOCUMENTS TO THE ADDRESS ABOVE

FIRST (GIVEN) NAME:

MIDDLE INITIAL:

LAST (SURNAME) NAME:

MEMBER ID#

BIRTHDATE:

PHONE#

EMAIL ADDRESS:

ADDRESS WHERE REIMBURSEMENT CHECK IS TO BE MAILED:

CITY:

STATE:

ZIP CODE:

**PLEASE NOTE:** Only Accelerate plan members are eligible to be reimbursed for the Full Plate Living program.