



How to use your PacificSource Health Education Reimbursement

Eligible classes or programs must:

- be taught by subject matter experts through established skill-based curriculum
- teach skills within the **Five Dimensions of Wellbeing**

After course completion, attach your receipt to the PacificSource Reimbursement Request Form and SUBMIT!

Emotional



Emotional wellbeing coursework includes classes that teach skills addressing self-understanding, coping with life's challenges, independently managing feelings, and supporting others.

Physical



Physical wellbeing coursework focuses on skills for living a healthy life through restful sleep, movement, lifestyle exercise (non-competitive), healthy food choices, and avoiding risky behaviors.

Financial



Financial wellbeing is all about having a healthy relationship with money. Coursework ranges from managing day-to-day expenses to setting realistic goals and expectations for planning your financial future.

Community



Community wellbeing teaches relation and connection with other people in the world, by focusing on social groups and the communities where they live, work, and play. Skills taught include emotional connection, healthy relationships and collaboration.

Occupational



Occupational wellbeing refers to satisfaction and enrichment through work and work-life balance. Classes teach skills that strengthen the fulfillment one derives from work, the ability to achieve intellectual growth, creativity, and innovation.