

# Programs to help you be well and save money



## Savings on:

- > Gym memberships
  - > Eyeglasses and contacts
  - > Weight-loss programs
  - > Chiropractic visits and more
- PLUS — no referrals, claims or limits

# Stay healthy with savings that come with your Aetna health plan

## Aetna Vision<sup>SM</sup> discount program

### Save on seeing sharper

Pay less for eye exams, contact lenses and prescription and non-prescription eyeglasses. Even most designer frames!

Save at:\*

- JCPenney® Optical
- LensCrafters®
- Target Optical®
- Sears Optical®
- Pearle Vision®
- Plus many doctors in private practice

To find one near you, visit [www.aetna.com](http://www.aetna.com).

### Great rates on eye exams

Routine checkups help your eye doctor find problems in your eyes and body early, for earlier treatment. You pay only \$42 for eye exams. Even if your health benefits and health insurance plan covers your first exam, you can get another for the same low price.

### More eye-opening perks

- Contact lens replacement — delivered to your door
- Savings on LASIK eye surgery, including a FREE consultation
- 20% off eye care items like sunglasses, contact cleaners and eyeglass chains

## Aetna Fitness<sup>SM</sup> discount program

### Save on gym memberships

Get preferred rates at your choice of over 10,000\*\* gyms in the GlobalFit network.

You also get:

- FREE guest pass at most gyms
- Flexible membership options
- Easy billing through your bank account or credit card
- Membership transfer to another gym or person\*\*\*
- Freezing and travel\*\*\* privileges

### Save on home exercise equipment

Build your home gym with discounts on elliptical trainers and treadmills. Plus resistance bands, mats, yoga accessories and more.

### More healthy perks

Getting fit is just the start to a healthier you. You can also:

- Try out an at-home weight-loss program
- Get one-on-one health coaching<sup>†</sup> to help you quit smoking, lower stress, lose weight and more

## Aetna Weight Management<sup>SM</sup> discount program

### Save and lose weight

Lose weight, feel great and save on today's most popular weight-loss programs and meal plans.

### Save on eDiets®

You can choose an online diet plan, or a meal delivery plan with food shipped right to your door.

You get:

- 30% off online monthly plan membership dues
- 20% off an online annual plan when you upgrade from a monthly plan
- 15% off the cost of food for a 5- or 7-day Meal Delivery Plan
- 15% off products in the eDiets Online Store
- Customized menus, diet tools and more

\*EyeMed Select Network and Provider List, 1/11.

\*\*GlobalFit website, [www.globalfit.com/fitness](http://www.globalfit.com/fitness), 4/11.

\*\*\*Not available for month-to-month memberships.

<sup>†</sup>By WellCall, Inc., through GlobalFit.



To start saving on *everything* in this brochure, log in to [www.aetna.com](http://www.aetna.com) as soon as you're an Aetna member.

### Save on Jenny Craig®

Sensible weight-loss programs that help you lose the weight for good.

- Start with a free 30-Day Trial Program<sup>††</sup>
- Then get 25% off a Jenny Craig Premium Program<sup>††</sup> when you sign up through:
  - > Participating Jenny Craig Centres
  - > Jenny Craig At Home
- Plus, get weekly one-on-one consultations, 24/7 online support and more

### Save on Nutrisystem®

Over 150 single-serve food choices that are tasty and easy to make.

You get:

- 12% off on any 28-day weight-loss meal plan<sup>†††</sup>
- An even bigger discount with Auto-Delivery<sup>†††</sup>
- Other available offers when you sign up
- Food delivered right to your door, free online membership and more

### Aetna Natural Products and Services<sup>SM</sup> discount program

#### Save on good health, naturally

You get at least 25 percent off the normal fee on these services through the ChooseHealthy® program:<sup>‡</sup>

- Massage therapy
- Acupuncture
- Chiropractic care
- Dietetic counseling

#### Get discounts on health and wellness products

Save 15 percent on over 2,400 products like over-the-counter vitamins, yoga equipment, homeopathic remedies and more through the ChooseHealthy program.<sup>‡</sup>

#### Save on medical consultations online

Get natural remedies for many conditions from medical doctors in the Vital Health Network. You'll get 30 percent off your first online consultation. Then 50 percent for each one after that. Topics include headache, joint pain, allergies and more.

### Aetna Hearing<sup>SM</sup> discount program

#### Save on hearing aids and exams

You have two options to meet your hearing needs.

*With Hearing Care Solutions, you get:*

- Up to 63% savings on a large choice of hearing aids
- A two-year supply of batteries (up to 96 cells), with mail-order discount after
- In-office service for one year
- Free cleanings, checks and battery-door replacements for the life of your hearing aid

*With HearPO, you get:*

- Savings on many styles of hearing aids, including programmable and digital hearing aids from leading makers
- A two-year supply of batteries (up to 160 cells per hearing aid)
- 40% off the retail cost of hearing exams
- Discounts on hearing aid repairs
- Free follow-up services for one year

<sup>††</sup>For these plans: Basic, Silver, Diabetic, Vegetarian or NutriSystem Select<sup>TM</sup>, not Nutrisystem Flex. The Aetna discount does not apply to any program in which you are already enrolled. To receive the discounted rate, you must wait until your current program ends. If you are enrolled in Auto-Delivery, you must cancel it and then re-enroll to receive the discounted rate. With Auto-Delivery you receive a 10 percent discount off Nutrisystem's regular 28-Day Program price and free shipping to Continental U.S. only. Auto-Delivery offer is good on new 28-Day Auto Delivery programs only.

<sup>†††</sup>Food, and if applicable, shipping is not included. Offer applies to initial membership fee only and is valid at participating centres in the U.S., Canada and Puerto Rico, and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per person. Restrictions apply.

<sup>‡</sup>The ChooseHealthy program is made available through American Specialty Health Networks, Inc. (ASH Networks) and Healthyroads, Inc., subsidiaries of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.





## More healthy savings

Enhance your healthy lifestyle with even more discounts.

Save on:

- Sonic toothbrushes and water-jet flossers from Waterpik®
- Gum, toothpastes and mouth rinses from Epic dental
- An automatic Home Blood Pressure Monitor with ComFit™ Cuff
- ZAGAT.com memberships
- Books and other items from the American Cancer Society Bookstore and MayoClinic.com Bookstore
- Yoga DVDs, books and online videos through Pranamaya

## How to save with every program

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com) once you're an Aetna member.
2. Choose "Health Programs," then "Discounts."
3. Follow the steps for each program you want to use.

There are no referrals, claims or limits on how much you can save. And your family members can enjoy the savings, too!

Get well, stay well and save.

Log in to your secure member website at [www.aetna.com](http://www.aetna.com) to start.

**Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Discount programs provide access to discounted prices and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Health benefits and health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23, GR-29 and/or GR-29N.

