

More ways to shape up and save!

Harvard Pilgrim's discounts help you and your family on the many paths to wellness.

\$150 health and fitness club reimbursement

- Receive up to \$150 if you're an eligible member of Harvard Pilgrim and a qualified health and fitness club member for four months in a calendar year¹

Nutrition

- DASH for Health[®] Online Nutrition Program
- Diet.com—savings on membership fees
- iDiet in-person and online programs
- Jenny Craig[®]—free 30-day trial program and savings on a Premium Success program²
- Weight Watchers[®]—registration fee waived at all North America locations (savings vary at locally owned locations)

Eye and ear

- Free eyewear program from Visionworks (formerly called Cambridge Eye Doctors and Vision World) at participating locations in MA, NH and RI³

- Additional eyewear savings at many popular eyewear locations, including Visionworks, JC Penney[®] Optical, LensCrafters[®], Pearle Vision[®], Sears Optical and Target Optical
- Laser vision correction procedures at participating providers
- Hearing aids by Flynn Associates—up to \$200 off per hearing aid, free quarterly cleanings and adjustments, and more
- Savings on hearing aids and hearing services at HearPO—with more than 2,300 locations nationwide—plus one year of follow-up services included with purchase
- Speech-Language and Hearing Associates of Greater Boston, PC—save up to \$200 on each hearing aid purchase

Turn over for more program discounts ▶▶

▶ For more details on these programs, visit www.harvardpilgrim.org/savings. If you don't have Internet access, call our Member Services department at **(888) 333-4742**. For TTY service, call **(800) 637-8257**.

¹ \$150 maximum reimbursement per Harvard Pilgrim policy in a calendar year (individual or family contract). Restrictions apply, and reimbursement is not available to all members. Visit www.harvardpilgrim.org/savings or call for details. (For tax information, consult with your employer.)

² Food and, if applicable, shipping not included. Offer applies to initial membership fee only and is valid at participating U.S., Canada and Puerto Rico centres and through Jenny Craig At Home. (Jenny Craig At Home[®] also offers a six-month Premium Success program subject to a 20% discount.)

³ You must have an eye exam and choose eyeglasses during the same visit. Additional restrictions apply. Visit www.harvardpilgrim.org/savings or call for details.

These savings programs are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. All programs subject to change without advance notice.

Per the Patient Protection and Affordable Care Act, as of January 1, 2014, some small group and individual plans include coverage for fitness and weight loss program reimbursement, and some prescription eyewear. Please see your *Benefit Handbook*, *Schedule of Benefits* or applicable Rider for details.

Complementary and alternative medicine

- Save 10-30% on services from an extensive network of fitness centers, spas and practitioners, including acupuncture, chiropractic⁴, yoga, holistic and naturopathic medicine, pain management, Chinese herbal medicine and more
- Save on massage therapy services at Massage Envy
- Mindful magazine—25% off subscription
- Mindfulness based stress reduction program
- RESPeRATE blood pressure machine rebate offer

Fitness

- Discounts at select fitness clubs in MA, NH and ME
- Brand-name athletic footwear at Marathon Sports and Northampton Running Company (MA), and Runner's Alley (NH)
- Appalachian Mountain Club membership
- Boston Ski & Sports Club membership
- Genavix Wellness Network offers savings on their “90 Day Commit to Get Fit” program and Comprehensive Wellness Assessment
- Exercise Equipment at Workout Fitness Store (ME)

Safety and comfort care

- In Control Crash Prevention Program 15% discount
- My Notification Service 50% discount
- The Original Healing Threads™ by Spirited Sisters, Inc.
- Support Plus™ foot, leg and comfort care products
- Personal Emergency Response System (PERS)—savings on products
- Sense-Able Autism Spectrum Disorder—savings on all products
- MedMinder electronic pill dispensers—discount on membership fee

New parent support

- Safe Beginnings home and child safety products
- The Happiest Baby™— 40% off CDs and DVDs

Eldercare

- No-cost telephone assessment and family consultation, plus \$500 off lifetime flat fee of services for SeniorAssist
- \$100 credit toward charges for services at participating Home Instead Senior Care offices, plus a free home safety inspection at the start-up of services
- Save on subscriptions (plus an extra month FREE) to My Vigorous Mind, a web-based wellness software program offering brain exercise programs to help improve attention, memory processing speed and reasoning
- CareScout® Eldercare Advocacy Program

More wellness discounts

- www.Care.com for assistance in finding a caregiver for children, aging parents, your pets and even your home
- Take 18% off QuitSmart®, a proven effective program to quit smoking
- Save \$300 on the purchase of a hot tub or spa at New England Spas
- Organic vegetable garden installation and support by Green City Growers for Eastern Massachusetts members
- Up to 83% off magazine subscriptions—more than 40 healthy reads available
- And even more!

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⁴ Does not replace or supplement coverage under your Harvard Pilgrim medical benefits plan. Some plans include chiropractic coverage, in which case the provider networks and benefits differ. Consult your Benefit Handbook or call Member Services for details.