

# Live well. Pay less.

Healthy discounts for Harvard Pilgrim members.  
Now that's a great deal!

## Being healthy is a way of life.

So, we're making it easier — and less expensive — for members to put health and happiness first. From eyeglasses to weight management to virtual fitness, we have discounts and savings on products and services for your body and mind.

Get started today at [www.harvardpilgrim.org/discounts](http://www.harvardpilgrim.org/discounts).



## Vision | SEE THINGS MORE CLEARLY

### Need a new pair of eyeglasses? Take advantage of:

- Free eyewear and other discounts at participating Visionworks locations<sup>1</sup>
- 40% off frames at Harvard Vanguard Medical Associates Optical shop locations
- 35% off frames with purchase of a complete pair of glasses at participating EyeMed affiliated providers<sup>2</sup>

### Interested in LASIK?

- Save up to 50% off national average price of traditional LASIK, and get special pricing for other laser procedures with QualSight
- Save 15% on regular pricing and 5% on promotional pricing for LASIK, PRK or e-LASIK with US Laser Vision Network
- Save up to 25% on provider's usual and customary fees for PRK or LASIK through Davis Vision

<sup>1</sup> Free eyewear program is available only at select participating Visionworks locations in Massachusetts, Rhode Island, New Hampshire and New York. You must have an eye exam and choose eyeglasses during the same visit. Additional restrictions apply.

<sup>2</sup> Participating eyewear providers offer special savings on items such as eyeglasses and contact lenses. Not all are contracted with Harvard Pilgrim to provide covered eye exams. Before making an appointment, refer to the most up-to-date listing of contracted eye exam providers online or call Member Services at the number on the back of your member ID card.

## Ready to reach your healthy goals?

We're right by your side! Stay healthy while saving money with these valuable perks for Harvard Pilgrim members. Log in to your account at [www.harvardpilgrim.org/discounts](http://www.harvardpilgrim.org/discounts) for all the details.



### Healthy eating | A RECIPE FOR SUCCESS

Sink your teeth into discounts that can help you manage your weight or eat healthier! Choose from a host of offerings, including:

- \$120 off Jenny Craig Complete Weight Loss Plan<sup>3</sup>
- Save 25% and try the first session for free with Savory Living, an online healthy eating lifestyle program
- Save 25% on The Dinner Daily meal planning service, which provides personalized weekly dinner plans based on your needs
- Save 25% on a subscription to Eat Right Now, a mindful eating app that combines neuroscience and mindfulness to reduce craving-related eating



### Holistic wellness | A WHOLE-PERSON APPROACH

Well-being is more than healthy eating and exercise. No matter what stage of life you're in, we have discounts that focus on the whole person. Dive head-first into mindfulness and virtual meditation programs, take a balanced approach with complementary and alternative medicine services, or uncover discounted wellness products. Your savings include:

- Up to 40% off complementary and alternative medicine services through our partnership with WholeHealth Living Choices: acupuncture, chiropractic, massage therapy, natural healing, tai chi, qigong and more
- 25% off Magic Weighted Blanket
- Save 15% on Mighty Well wearable wellness products
- Save 10% on the Basic Bundle or 15% on the Plus Bundle of Ava Fertility Tracker
- Get the first month free and savings on Ten Percent Happier, and learn how to meditate with this clear, easy-to-use, step-by-step guide



### Quit smoking | BREATHE IN, BREATHE OUT

Are you or a family member trying to quit smoking or tobacco use? Don't give up! Get some extra support with discounted resources:

- 25% off Craving to Quit, a 21-day app-based program
- 30% off QuitSmart's Stop Smoking Kit and Stop Smoking Classes

<sup>3</sup> Purchase required. Savings redeemed as \$10 in food credits per week for 12 weeks, with full planned menu purchase (average cost: \$182 US/ \$184 CAD per week). Active program enrollment and eligibility status required. Valid only for new members and former members who have not had an active visit within the past 60 days. Valid at participating centers and Jenny Craig Anywhere. Not available at [www.jennycraig.com](http://www.jennycraig.com). No cash value. Expires 12/31/2021.



## Fitness | GO THE DISTANCE

Whether you work out from home or seek the thrill of outdoor adventures, we help make it more affordable for you to reach new heights. Choose what works for YOU:

- Up to 40% off Ompractice virtual yoga
- 20% off in-person and virtual personal fitness training with SplitFit
- Savings on footwear and workout gear
- Save 20% on your entire order of fitness products at ProsourceFit



## Hearing | THE SOUND OF SAVINGS

You and your loved ones don't have to miss a thing. Our partnership with trusted vendors gives you access to discounted state-of-the-art hearing aids and follow-up. Savings include:

- Up to \$200 on each hearing aid purchase, free quarterly cleanings and adjustments from Massachusetts-based Flynn Associates and Speech-Language & Hearing Associates of Greater Boston, PC
- 30%-60% off hearing aids from TruHearing
- Low-price guarantee on hearing aids, a 60-day trial period with money-back guarantee, a one-year free follow-up, a three-year warranty, and two years of free batteries, from Amplifon Hearing Health Care



## Dental | SOMETHING TO SMILE ABOUT

Available to residents of Maine and Massachusetts, Universal Dental Plan can help take the sting out of dental costs with savings of up to 50% on procedures from a network of participating dentists.<sup>4</sup>



## Family care | PUTTING FAMILY FIRST

Caring for a loved one can be overwhelming. Get the extra support you need at a discounted price:

- Save 20% on all GreatCall products
- Help your family assess needs and find care through CareScout® Elder Advocacy Program and Home Instead Senior Care
- Get \$15 off each week of menu plans or prepared meals from Savor Health; they offer fresh, nutritious and delicious meals designed for people with cancer and their caregivers

<sup>4</sup> Universal Dental Plan is not dental insurance and does not meet minimum creditable coverage under applicable state law. The plan provides discounts at specific dental providers for dental services. The plan does not make payments directly to the providers of dental services. The plan member is obligated to pay for all dental care services but will receive a discount from those dental care providers who have contracted with the discount dental plan organization. The range of discounts will vary depending on the services provided.

Log in to your account at [www.harvardpilgrim.org/discounts](http://www.harvardpilgrim.org/discounts) for all the details on these and other savings opportunities, and to find out how to redeem your discounts.



Log in to your account at [www.harvardpilgrim.org/discounts](http://www.harvardpilgrim.org/discounts) for all the details on these and other savings opportunities, and to find out how to redeem your discounts.



Questions? Call us.

- Member Services:  
**(888) 333-4742**
- Medicare Advantage:  
**(888) 609-0692**

The savings featured are not insurance products. They are discounts for programs and services designed to help keep members healthy and active. All programs are subject to change without advance notice. Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied with respect to, the programs and services offered.

