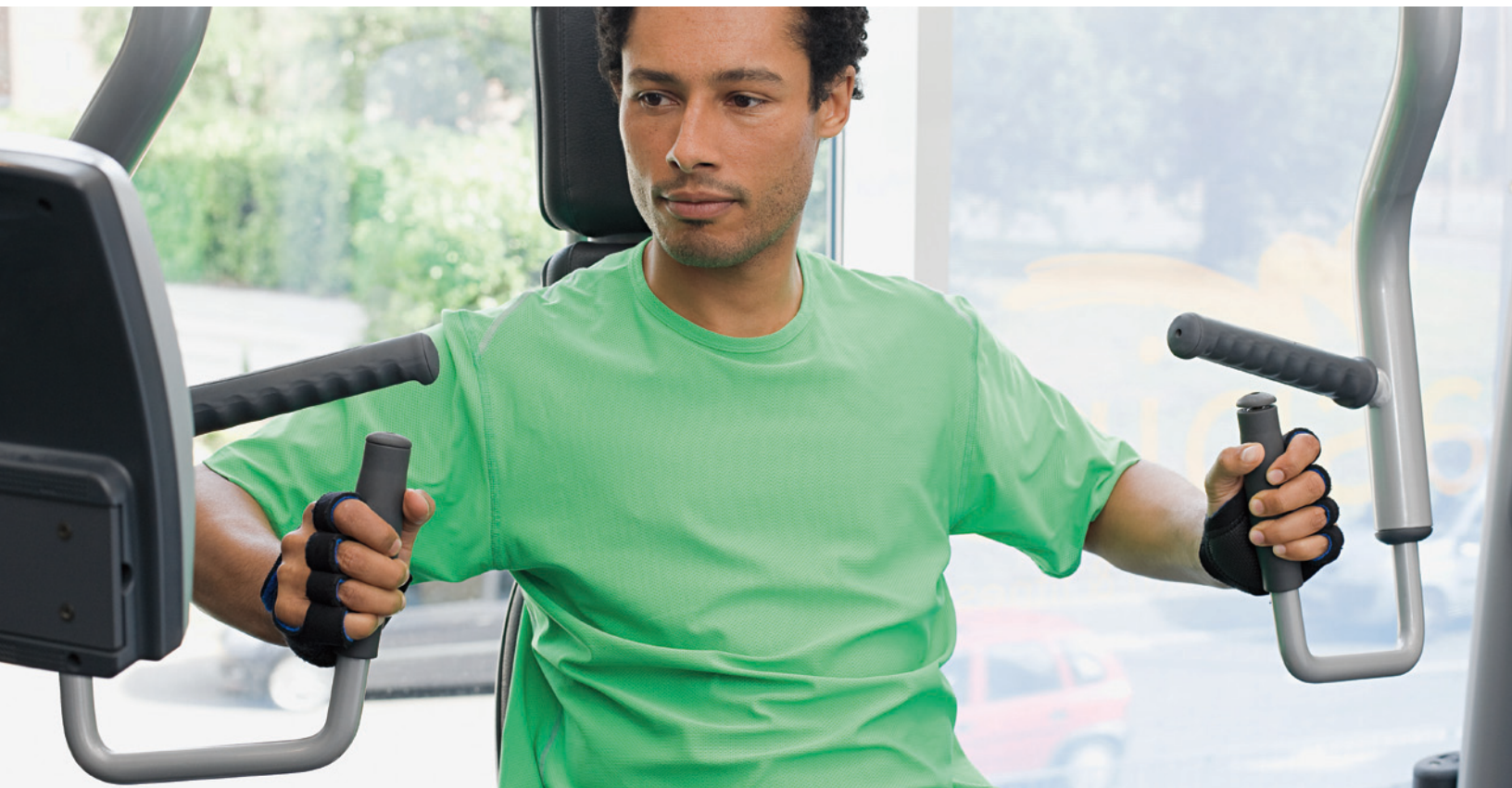


Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

**aetna**<sup>SM</sup>

# Programs to help you be well and save money



## Aetna Discount Programs

[www.aetna.com](http://www.aetna.com)

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## Save on gym memberships, eyeglasses and contacts, weight-loss programs, chiropractor visits and more.

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

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

#### Where you can save

You can visit many doctors in private practice. Plus, national chains like JCPenney<sup>®</sup> Optical, LensCrafters<sup>®</sup>, Target Optical<sup>®</sup>, Sears Optical<sup>®</sup> and Pearle Vision<sup>®</sup>.\*

To find a program location near you, go to [www.aetna.com](http://www.aetna.com).

#### Great rates on eye exams

Routine checkups help your doctor find problems in your eyes and body early, for earlier treatment.

Your cost for an exam is discounted. Even if your health benefits or insurance plan covers your first exam, you can get another one later at a discounted price from a provider participating in the discount program network.

#### More eye-opening perks

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

\*EyeMed Select Network and Provider List, 1/12.

\*\*GlobalFit website, [www.globalfit.com/fitness](http://www.globalfit.com/fitness), 2/12.

\*\*\*Not available for Non-Commit (month-to-month) memberships.

†By WellCall, Inc., through GlobalFit.

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

Get preferred rates at your choice of over 10,000\*\* gyms in the GlobalFit<sup>®</sup> network.

These rates are for new gym members only. If you belong to a gym now, or belonged recently, call GlobalFit at **1-800-298-7800** to see if a discount applies.

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, treadmills and strength equipment.

#### More healthy perks

Getting fit is just the start to a healthier you. You can also try out an at-home weight-loss program. Or get one-on-one health coaching† to help you quit smoking, lower stress, lose weight and more.

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

Save on good health, naturally. Get a discount off the normal fee on these services offered through the ChooseHealthy<sup>®</sup> program:<sup>††</sup>

- Massage therapy
- Acupuncture
- Chiropractic care
- Dietetic counseling

### Discounts on health and wellness products

Save on a variety of 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 a discount off your first online consultation. Then an additional discount 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:

- Savings on a large choice of hearing aids
- A two-year supply of batteries (up to 96 cells), with mail-order discounts you can use after this original supply runs out
- In-office service for one year
- Free cleanings, checks and battery-door replacements for the life of your hearing aid

### With HearPO<sup>®</sup>, 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)
- Discounts on hearing exams and hearing aid repairs
- Free follow-up services for one year

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

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

### Save on CalorieKing<sup>®</sup>

Learn independent, long-term weight control. Join an Annual or Monthly CalorieKing Program and:

- Take advantage of a 7-day free trial period.<sup>1</sup> Then get a discount when you continue your Annual Program membership.<sup>2</sup>
- Save when you buy products from the CalorieKing Store.

Plus, get access to CalorieKing's Food and Exercise Diary, extensive food database, personalized goals and more.

### Save on eDiets<sup>®</sup>

Choose a Meal Delivery Plan with food shipped right to your door or an Online Diet Plan.<sup>3</sup>

- Enroll in a 5-day or 7-day Meal Delivery Plan and save on the cost of food.
- Save on your membership when you enroll in a monthly or annual Online Diet Plan.

Plus, save on all products in the eDiets Online Store. And, get one-on-one professional support, customized menus and more.

### Save on Jenny<sup>®</sup>

Choose from a wide range of program options to meet your individual needs and weight-loss goals.

- Start with a free 30-Day Program.<sup>4</sup>
- Then save on a Jenny Premium Program<sup>4</sup> available at participating Jenny centres and through Jenny At Home.

Plus, get one-on-one weekly scheduled consultations, planned and personalized menus, and more.

### Save on Nutrisystem<sup>®</sup>

Lose weight and learn how to keep it off with Nutrisystem<sup>®</sup> Success<sup>™</sup>.

- Save on any personalized 28-Day Nutrisystem Success weight-loss meal plan.<sup>5</sup>
- Enjoy a larger discount when you sign up for Auto-Delivery.<sup>6</sup>

Plus, get food delivered right to your door, high-quality protein shakes, personalized activity plans and more.

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

<sup>1</sup>You can cancel your Program membership at any time during the first 7 days by logging into the Program and following the instructions in "Payment and Account Details" under "Account Settings." If you do not cancel during the first 7 days, your credit card will be charged on the 8th day.

<sup>2</sup>If you are already a CalorieKing member, you will need to terminate your current CalorieKing account and rejoin to receive the Aetna discounted membership price.

<sup>3</sup>If you are already an eDiets member, you will need to cancel your current membership and re-enroll to receive the Aetna member discounted rate.

<sup>4</sup>Plus the cost of food. Plus the cost of shipping, if applicable. Offer applies to initial membership fee only and is valid at participating centres in the U.S., Canada and Puerto Rico and through Jenny at Home. Each offer is a separate offer and can be used only once per person. Restrictions apply.

<sup>5</sup>Aetna discount offers do 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.

<sup>6</sup>Offer good on new 28-Day Auto-Delivery programs only. With Auto-Delivery you receive a discount off Nutrisystem's regular 28-Day Program price and free shipping to Continental U.S. only.

## Start saving on everything in this brochure

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 "See the savings."
3. Follow the steps for each program you want to use.

## More healthy savings

- 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
- Books and other items from the American Cancer Society Bookstore and MayoClinic.com Bookstore
- Yoga DVDs, books and online videos through Pranamaya

## Stay healthy with discounts that come with your Aetna health plan.

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

**If you require language assistance from an Aetna representative, please call the Member Services number located on your ID card, and you will be connected with the language line if needed; or you may dial direct at 1-888-982-3862. (140 languages are available. You must ask for an interpreter.) TDD 1-800-628-3323 (hearing impaired only).**

**Si requiere la asistencia de un representante de Aetna que hable su idioma, por favor llame al número de Servicios al Miembro que aparece en su tarjeta de identificación y se le comunicará con la línea de idiomas si es necesario; de lo contrario, puede llamar directamente al 1-888-982-3862. (140 idiomas disponibles. Debe pedir un intérprete.) TDD 1-800-628-3323 (sólo para las personas con impedimentos auditivos).**

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.

[www.aetna.com](http://www.aetna.com)