



TUFTS HEALTH PLAN

MEMBER DISCOUNTS



MEMBER DISCOUNTS HELP YOU SAVE

ON PRODUCTS AND SERVICES THAT PROMOTE GOOD HEALTH

Tufts Health Plan wants to help you reach your wellness goals with discounts on nutrition, mind and body, fitness, and other services related to good health through the following providers and vendors.*

FITNESS AND EXERCISE

Now you can save on more things than ever to keep you active and feeling your best. It's all available through the International Fitness Club Network (IFCN) beginning on January 1, 2018.

Get discounts at over 14,000 health and fitness facilities across the U.S. You can even try before you join with a FREE one-week trial membership at any facility you like.** Get discounts at facilities like Boston Sports Clubs, Anytime Fitness, Curves, CorePower Yoga.

Rather Workout at Home?

- + Save 10-40% on a wide array of fitness products, including exercise equipment, trackers, DVDs and appliances through vendors like Sears and TRX.

Rather Race to Get Your Workout?

- + Save up to 15% off registrations to races including: the Insane Inflatable 5k, Rugged Maniac, Spartan Race, The Color Run and YourFirstMudRun.

Other discounts include:

- + Up to 25% off online workout subscriptions from Daily Burn, Barre3 and Grokker
- + 10% off home swim lessons and life guard services through AquaMobile
- + Up to 90% off magazine subscriptions to Shape, Rachel Ray Everyday, and Eating Well

Start saving today!

To learn more or to find a participating fitness center, go to www.preventure.com/ifcn-tufts. Use the password "Fit4You".

**Specialty clubs and studios, such as martial arts, yoga, spin and personal training centers may offer different "trial" offers. Please inquire with the owner or membership department at these centers to verify offer.

*This information has been provided by the vendors and has not been independently confirmed by Tufts Health Plan. Check with your health care provider regarding any health or medical condition before beginning any new treatment, exercise, or nutrition regimen.



HEALTHY EATING

Counseling

Receive 25% off the cost of visits with a registered dietitian or licensed nutritionist participating in our network when you do not have a medical doctor's referral.

Supplements

Save up to 40% and get free standard shipping on a wide variety of vitamins, supplements, and popular energy and protein bars through ChooseHealthy.com.



WEIGHT MANAGEMENT

DASH for Health™

DASH for Health is an online program dedicated to helping you eat better, exercise better and lose weight.

Tufts Health Plan members can sign up for a 6-month subscription for \$34.50 (50% off the regular subscription rate).

Visit tuftshealthplan.dashforhealth.com and enter coupon code: thp.

iDiet®

This easy-to-follow program helps retrain your brain to crave healthy foods that support weight loss while keeping you full and satisfied.

Save 15% on the iDiet program (\$45 savings) for enrolling in the Engage (entry level) or Advance (experienced dieter) programs.

Visit theidiet.com/hi/tuftshealth/ for more information.

Jenny Craig®

When you're ready to lose weight, Jenny Craig can help you reach your goal and get the most out of life. As a Tufts Health Plan member, you are eligible for a special offer worth more than \$100 in savings. Plus, you can join Jenny Craig for free and save 10% on all food purchases.* Here's how Jenny Craig works:

- + Meet one-on-one and build a relationship with your dedicated personal consultant.
- + Pick your favorite Jenny Craig Foods: Choose from 100+ delicious, award-winning menu items that free you from worrying about what to eat.
- + Jenny Craig Guarantees Results**: Lose 3x more weight than dieting on your own.*** Visit jennycraig.com/orgcode=THP.

*Waiver of \$99 enrollment fee. Monthly fees of \$19 required. Cost of food (\$15-\$23/day) and shipping not included. Member is responsible for all payments for the Jenny Craig Program. Active program enrollment and program eligibility status required, which includes meeting with a consultant and adhering to the full Jenny Craig meal plan based on stage of weight loss. Upon request, must provide proof of eligibility for participation in organization's wellness program that is registered with Jenny Craig. Food discount not applicable to shipping cost and only valid for personal consumption. No cash value. Not valid with any other offer or discounts. Only available at participating locations and Jenny Craig Anywhere. Not valid at jennycraig.com. New members only. Restrictions apply.

**Lose 12 lbs. in 12 weeks or your first three month's fees back. Member must follow program guidelines including but not limited to a minimum food purchase of \$100 (US) / \$105 (CA) per week, plus 12 consecutive weekly consultations required. New members only. Members following our program, on average, lose 1-2 lbs per week. Restrictions apply.

***Journal of the American Medical Association, 2010 Oct 27; 304(16):1803-10

MIND AND BODY

Mindfulness and Stress Management

Mindfulness Based Stress Reduction Program (MBSR): Tufts Health Plan members can save 15% on the cost of tuition for the 8-week Stress Reduction Program at UMass Medical School's Center for Mindfulness in Medicine, Health Care, and Society.

Mindfulness Based Cognitive Therapy Program (MBCT): Tufts Health Plan members can also save 15% on the cost of tuition for the 8-week MBCT program at UMass Medical School's Center for Mindfulness in Medicine, Health Care, and Society.

For more information about these programs, visit umassmed.edu/cfm/stress-reduction/tufts-health-plan/, or call the Center at 508.856.2656. In order to receive the discount, just identify yourself as a Tufts Health Plan member.

Acupuncture and Massage

Save 25% on acupuncture treatments and massage therapy.

Brain Fitness

Members can receive 17% off the price of a subscription to BrainHQ™, an online cognitive training program.

Natural Therapies

Save up to 40% on aromatherapy, homeopathic remedies, meditation, yoga, and other natural remedies.

MORE SAVINGS

CVS Caremark ExtraCare® Health Card

You and your family can save when you use the CVS/Caremark ExtraCare Health Card. With the CVS/Caremark ExtraCare Health Card, you, your spouse, and your dependents receive 20 percent* off regularly priced CVS/pharmacy Brand,** health-related items valued at \$1 or more. The ExtraCare Health Card can be used at CVS/pharmacy stores nationwide.

*The 20-percent discount is restricted to items purchased for the health care of the cardholder, spouse or dependents and applies to regularly priced CVS/pharmacy Brand health-related items valued at \$1 or more. Excludes alcohol, lottery, money orders, prescriptions and copays, postage stamps, pre-paid cards, gift cards, newspapers and magazines, milk, sale/promotional merchandise, bottle deposits, bus passes, hunting and fishing licenses, and are not valid on other items reimbursed by a governmental program. Plan restrictions may apply. Check with your plan administrator for more details.

**All CVS/pharmacy Brand products are 100% satisfaction guaranteed or your money back. If you're dissatisfied for any reason, you can return the CVS/pharmacy Brand product (opened or unopened) along with your receipt or invoice to any CVS/pharmacy store. We'll refund the full purchase price — no questions asked! To return the item by mail, call Customer Care at 888.607.4CVS (888.607.4287). ©2015 CVS/caremark. All rights reserved.

Glasses and Contacts

With the EyeMed Vision Care program, you can receive 35% off the price of frames, along with discounts on lenses and lens options, when you buy a pair of eyeglasses from an EyeMed network provider. EyeMed Vision Care also offers a replacement contact lens program, 20% off the price of nonprescription sunglasses, and 5%-15% off the cost of LASIK and PRK laser vision correction.

Home Instead Senior Care®

Receive a \$100 one-time credit toward home care support services at participating offices when you show your Tufts Health Plan ID card. These include help preparing meals, light housekeeping, and other nonmedical home care services with Home Instead Senior Care.

The Original Healing Threads™

Members receive 20% off patient apparel, the alternative to the standard patient wear/hospital gown.

Visit healingthreads.com and enter "THP" in the "Discount" box located in the shopping bag section during check-out.

