

# MEMBER DISCOUNTS

## SAVE ON NON-COVERED PRODUCTS AND SERVICES

The mind/body connection is important to the healing process. Your health care coverage includes access to a wide range of discounts on health and wellness-related products and services from national, well-known brands. Take a more active role in your health by using these discounts... and save up to **30 percent.**

### STARTING AN EXERCISE PROGRAM?

Get discounts on fitness centers, personal trainers and running shoes.

### THINKING ABOUT IMPROVING YOUR DIET?

Save on nutrition counseling, diet programs and vitamin supplements.

### NEED TO RELAX?

Try Yoga, Tai Chi or massage at discounted rates.

### INTERESTED IN COMPLEMENTARY OR ALTERNATIVE MEDICINE?

Experience the benefits of acupuncture, mind/body therapies or holistic medicine.

### HAVE VISION OR HEARING ISSUES?

Buy hearing aids at discounted prices or explore eye surgery options.

**Learn more.** To search the member discounts available to you or to find a practitioner in the discount program, go to your member website, choose the "Members" tab and complete the login process by entering your login ID and password. If you do not have a login ID and password, select "Register Now" and follow the instructions. Then select the "Your Coverage" tab and go to "Member Discounts."

When you visit a practitioner, just show your ID card to get your discount. You are responsible for paying the practitioner directly at the time the product is purchased or the service is received.

The member discount program is separate and distinct from your health benefits plan.



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