

# Get well, stay well and save money

Aetna Discount Programs



Save on gyms,  
eyewear, weight-loss  
programs and more.

# Stay healthy with savings that come with your Aetna health plan



If your health benefits or health insurance plan covers any of these services, use your plan first. You could pay less out of pocket.

## What you can save on:

- Gym memberships
- Home exercise products and equipment
- Eye care, eyewear and accessories
- LASIK eye surgery
- Over-the-counter vitamins
- Massage therapy
- Chiropractic visits
- Acupuncture
- Dietetic counseling
- Hearing aids and exams
- Weight-loss programs, and more!

These programs are not insurance. So there are no claims, no referrals, and no limits to how often you can use your discount. It's on-the-spot savings that your family members on your health plan can use, too!

Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.



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

## See better for less

Save on what you need to see better, like eye exams, glasses, contacts ... even LASIK. You also pay less for vision items that don't need a prescription. So pick up some shades for the summer or stock up on contact cleaners. There are plenty more savings where those came from!

## Program locations

Choose from thousands of national chains:

- Pearle Vision® Centers
- Sears®
- LensCrafters®
- Target®
- JCPenney®

Plus, you can go to many eye doctors in private practice. To find one near you, go to [www.aetna.com](http://www.aetna.com).

## How to start

1. Go to [www.aetna.com](http://www.aetna.com) to find a doctor. Or call **1-800-793-8616**.
2. Set up an appointment.
3. Choose your eyewear.
4. Show your Aetna ID card to save on the spot.

WHAT YOU GET	WHAT YOU PAY
<b>Eye exams</b> (For plans that cover eye exams)	See your plan documents for details.
<b>Eye exams</b> (For plans that DO NOT cover eye exams)	
Comprehensive eye exam	\$42
Standard contact lens fit & follow up	\$40 (plus \$42 exam fee)
Specialty contact lens fit & follow up (e.g. Toric, Bifocal, Gas Permeable)	\$10 off retail (plus \$42 exam fee)
<b>Lenses (per pair, uncoated plastic)</b>	
Single vision	\$40
Bifocal	\$60
Trifocal	\$80
Standard progressive (no-line bifocal)	\$120
<b>Eyeglass frames</b>	40% off retail price
<b>Lens options, per pair (add to lens price above)</b>	
Standard polycarbonate (includes ultraviolet and scratch-resistant coating)	\$40
Scratch-resistant coating	\$15
Ultraviolet (UV) coating	\$15
Solid or gradient tint	\$15
Standard anti-reflective coating	\$45
Glass	20% off retail price
Photochromic glass	20% off retail price
<b>Contact lenses</b>	15% off retail price (5% for disposables)
<b>Contact lens replacement by mail</b>	Call <b>1-800-391-LENS (5367)</b> to order a new pair.
<b>More vision items</b>	20% off retail price at participating locations
<b>LASIK eye surgery</b>	15% off retail prices (5% off special advertised prices) for U.S. Laser Network services. You must call <b>1-800-422-6600</b> to schedule an appointment.

EyeMed Services and Compensation Schedule, 5/2010. Prices may change. Discounts may not be available on some brand-name carriers.

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

## Shape up and save

Regular exercise helps you look and feel healthy. With this program, you can save money, too!

*You can:*

- Save on gym memberships.\*
- Save on home exercise products and equipment, like treadmills and elliptical trainers.
- Try out an at-home weight-loss program.
- Get one-on-one health coaching\*\* to stop smoking, lower stress and more.

## Why join a gym

- Thousands of gyms\*\*\* nationwide and in Canada (and growing!) — all within the GlobalFit™ network
- FREE guest pass†
- Three flexible membership options:
  - > 96 weeks (Lifestyle)
  - > 48 weeks (Commit)
  - > Month to month (Non-Commit)

- Easy ways to pay through your bank account or major credit card.
- Guest privileges at participating gyms when you travel.††
- Transfer your membership to another person†† or another participating gym.
- Freeze your membership for up to two months per calendar year.††
- Plus, family members on your health plan can use the program, too!

## How to start

1. Go to [www.globalfit.com/fitness](http://www.globalfit.com/fitness) for a list of gyms you can visit.
2. Pick a gym.
3. Follow the steps to get your free guest pass.†
4. Join a gym by signing up online — or calling **1-800-298-7800**.



## Did you know?

**Getting your daily dose of exercise helps keep your heart healthy and your bones strong. It can even give you a good night's sleep!**

\*For new gym members only. Membership to a gym of which you are now, or were recently a member, may not be available.

\*\*By WellCall, Inc., through GlobalFit.

\*\*\*GlobalFit website, [www.globalfit.com/fitness](http://www.globalfit.com/fitness), 5/10.

†Available at most gyms.

††Lifestyle and Commit memberships only.

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



## Trim your waist, not your wallet

Lose weight, feel great and save! You get three different programs to help you reach your goals.

## Save on eDiets

Enroll in an online diet plan that is convenient and personalized to you.

### Program options

- Save 30% on monthly membership dues\*
- Choose from over 20 online diet plans

### What else you get

- Personalized menus, recipes and food options
- Phone, chat and e-mail support from registered dietitians
- Food trackers, take-out guides, virtual trainer, and more

## Save on Jenny Craig<sup>®</sup>

Choose a sensible weight-loss plan that can help you lose the weight and keep it off.

### Program options

- Start with a FREE 30-day program\*\*
- Then save on membership fees when you enroll in one of these programs:
  - > 50% off the 6-month VIP (Gold/Platinum) Program\*\*
  - > 20% off the 1-Year Premium Success Program\*\*

You can save two ways! Visit a Jenny Craig centre or choose Jenny Craig At Home (by phone).

### What else you get

- Weekly one-on-one consultations
- Personalized menus
- 24/7 online support, live chat and Jenny eTools

## Save on Nutrisystem<sup>®</sup>

Control your calories and curb your hunger with over 120 menu items that are single serve, and easy to prepare.

### Program options

- Save 12% on any 28-day weight-loss meal plan\*\*\*
- Get an even bigger discount with auto-delivery<sup>†</sup>
- PLUS — get other Nutrisystem discounts available when you enroll

### What else you get

- Tasty food delivered right to your door
- Easy-to-follow meal plans
- Unlimited counseling with counselors and dietitians

## How to start

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com).
2. Follow the link to discount programs.
3. Enroll in one of the weight-loss programs.
4. Save on the spot!

\*No discounts apply to eDiets Fresh Prepared Meal Delivery plans.

\*\*Food and, if applicable, shipping is not included. Offer applies to initial membership fee only and is valid at participating centres in the United States, Canada and Puerto Rico and through Jenny Craig At Home.

\*\*\*Applies to these plans: Basic, Silver, Diabetic, Vegetarian or Nutrisystem<sup>®</sup> Select<sup>™</sup>. No discounts are available for NuKitchen Fresh for Nutrisystem and Nutrisystem flex. If you're already enrolled in any of these programs, you must wait until your current program ends and re-enroll to get the discount.

<sup>†</sup>If you're already enrolled in auto-delivery, you must cancel and re-enroll to get the discount. Auto-delivery discounts range from 10 to 15 percent depending on how many times you've ordered.



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

## Relax, recharge and save

Find, and save on, a natural path to healthy living. You'll pay less for massages, herbal supplements and more through American Specialty Health (ASH), Inc., a leader in this market.

*Here's what you can save on:\**

### Massage therapy

Massage can ease stress and improve your overall well-being. So rest your achy muscles — and pay less!

### Acupuncture

Pinpoint your areas of pain or stress with this 5,000-year old technique. And relax with savings.

### Chiropractic care

Feel better with regular visits to the chiropractor, a doctor who treats back pain. And get "realigned" with savings.

### Dietetic counseling

Get advice from registered dieticians on the foods you should eat. This can help you look leaner and be healthier.

## How to start

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com).
2. Follow the link to this discount program to make an appointment.
3. Show your Aetna ID card at your appointment. Pay the discounted price on the spot!

### Save on natural products, too

Get your daily dose of Vitamin C — at a discount. Buy other over-the-counter vitamins, too. Or stock up and save on aromatherapy, nutritional and herbal supplements, and more. You can choose from thousands of products.

*It's easy to order:*

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com).
2. Follow the link to this discount program to place an order.
3. Save at checkout!

You can also order by phone, mail or fax. And you get **free** standard shipping on all orders!



\*Check your plan to see if you have chiropractic and acupuncture benefits.

Try your hearing aid for 60 days. If you decide not to keep it, you'll get a full refund.<sup>††</sup>

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

### Hear better, for less

Pay less for hearing aids, exams and more through HearPO®, a leading provider of hearing supplies. With over 1,900\* locations in the U.S., it's easy to find one near you.

#### What you get:

- Savings on all styles of hearing aids\*\*
- 40% off retail prices on hearing exams and services
- Your choice of over 1,000 models from leading manufacturers
- No interest financing options for up to 12 months
- Discounts on hearing aid batteries mailed to your home
- Free follow-up services for one full year
- A three-year warranty to cover repairs, loss or damage\*\*\*

### How to start

1. Call **1-877-301-0841** to speak to a HearPO representative. They'll explain the program, and how you get your hearing discount. They'll also help you find a provider near you.
2. Once you give the HearPO representative some information, they'll help you make an appointment.
3. You'll get an authorization package before your appointment. Bring it with you to make sure you get your discount.

### You can pay the lowest price<sup>†</sup>

If you find a lower advertised price at any retailer, HearPO will beat that price by 5 percent. Just call **1-877-301-0841** to learn how.



\*HearPO website. Available at [www.hearpo.com/aetna](http://www.hearpo.com/aetna), 5/10.

\*\*HearPO will help you choose the best hearing aid for your needs. All manufacturers offer savings, but they may vary based on make and model.

\*\*\*Some exclusions apply. You are only covered one time for loss and damage claims.

<sup>†</sup>Competitor coupon required for verification of price and model. Limited to manufacturers offered through the HearPO program. Local provider quotes only.

<sup>††</sup>This is a guarantee of HearPO, not Aetna.

To start saving,  
go to your secure  
member website at  
[www.aetna.com](http://www.aetna.com).

## Even more savings for you

### Save on dental products, restaurant reviews and more

You also get big savings on:

- Sonic toothbrushes and water-jet flossers from Waterpik®.
- Epic Dental products like gum, toothpastes, and mouth rinses.
- Books and other items from the American Cancer Society Bookstore and the **MayoClinic.com** Bookstore.
- **ZAGAT.com** membership. Sign up, and get 30% off your one-year membership. Plus get ratings and reviews on restaurants, hotels, movies and more.

Remember, you get instant savings on all of the programs in this brochure.

PLUS —

- No plan limitations
- No claims
- No referrals
- No limits on use

### How to start

1. Log in to your secure member website at **www.aetna.com**.
2. Follow the link to discount programs.
3. Save on the spot!



This material is for information only. 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.** Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care or guarantee access to health care service. 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 and/or GR-29/GR-29N.