



Enjoy the moments

Aetna Discount Program

aetna[®]

aetna.com



Healthy vision

Savings on eyewear and exams



A fit, fabulous you

Savings on gyms and personal training

With EyeMed, you get:

Plenty of prescription savings

If your vision isn't 20/20, you'll love discounts on:

- Designer frames
- The latest in lens technology
- Non-disposable contact lenses
- Sunglasses, and more

Great rates on eye exams

Your eye exams are always discounted. So even if your plan covers your first exam, you can save on another one from any participating doctor.

Lots of locations

You can visit many doctors in private practice. Plus, national chains like JCPenney Optical, LensCrafters, Target Optical, Sears Optical and Pearle Vision.¹

You can find them all on your member website at aetna.com.

More eye-openers

- Savings on LASIK laser eye surgery
- Replacement contact lenses, delivered to your door

You can even save on eyeglass chains, lens cases and cleaners, and nonprescription sunglasses.

Built-in plan discounts with no referrals, claims or limits. Your family can use them, too.

*GlobalFit website. globalfit.com/fitness. March 2016.

**By Les Mills™ On Demand and Trainer On Demand, through GlobalFit.

¹EyeMed Select Network and Provider List. January 1, 2016.

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Discounts on gym memberships

Get the lowest rates at your choice of over 10,000 gyms* (and growing) in the GlobalFit® network.

Plus, these sign-up perks:

- Flexible membership options
- Free guest pass (at most gyms)
- Easy billing
- Travel, transfer or freezing privileges at some gyms

Keep in mind these savings are for new gym members.

You can find more details on globalfit.com/fitness.

A healthier you from home

If staying home is more your style, you have choices.

Health coaching

Get one-on-one support to quit smoking, ease stress, lose weight and more. On your schedule.

Personal training

With an On Demand** program, it's easy to get fit in private, at your pace. Your sessions air from any computer or mobile device. Just choose solo or group training.

At-home weight-loss program

Your body is your business. So you get weight-loss tips, menus and weigh-ins ... right in the privacy of your home.

Savings on home exercise equipment

Build your body — and your home gym — with discounts on home exercise helpers like Zumba® equipment.



A natural health boost

Savings on massage and more



Hearing your world better

Savings on hearing aids and exams

Natural therapy services

You can try these services*** at a discount off the normal fee.

- Ease your stress and tension with **massage therapy**.
- Heal pain or stress points with **acupuncture**.
- Relieve neck and back pain with **chiropractic care**.
- Get advice from registered dietitians with **nutrition services**.

It's easy: You can find program professionals at **aetna.com**. Just bring your Aetna ID card to your visit.

Natural products, too

You can also order healthy items you use every day, like **over-the-counter vitamins** and **yoga equipment**.

Plus:

- Aromatherapy
- Natural body care products
- Herbal and nutritional supplements

Ready to browse and buy? Just log in to your member website at **aetna.com** for easy ordering instructions.

You have options

With Hearing Care Solutions, you get:

- **Discounts** on a large choice of hearing aids
- **A three-year supply of batteries**, then you can join a discount battery mail-order program
- **Free in-office service** of hearing aids for one year
- **Free routine cleanings** and battery door replacements for one year after purchase from the original provider

With Amplifon Hearing Health Care, you get:

- **Discounts** on many styles of hearing aids, including programmable and digital hearing aids from leading makers
- **Savings** on hearing exams and hearing aid repairs
- **Free follow-up services** for one full year
- **A two-year supply of batteries**



How to get started

Once you're an Aetna member, just log in to your member website at **aetna.com**. It's the place to take care of your benefits. Your place to save, too.

You can:

- Find a vision, hearing or natural therapy professional
- Start personal training
- Buy health products
- Sign up for a weight loss program
- Get a free gym trial, and more

***Through the ChooseHealthy® program, which is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.



A healthier body with a little help

Savings on weight-loss plans

Nutrisystem® discounts

You get plans to help you lose the weight and keep it off. That is, savings on any four-week Nutrisystem® Success™ weight-loss meal plan.* And a larger discount on auto-delivery.**

- Over 150 menu items
- Daily protein shakes packed with nutrition
- Online tools and coaching free
- Plans to help you lose the weight — and learn how to keep it off
- Unlimited counseling
- Free shipping

Jenny Craig® discounts

You get a free 3-month program + \$50 in food savings*** or save 50 percent on our premium programs.† You also get:

- Unlimited consulting either in-center or via phone with your dedicated personal consultant
- Full menu selection
- Food you choose weekly, not monthly — no auto-ship
- No contract or cancellation penalties
- Free shipping on your first order (Jenny Craig Anywhere)

CalorieKing® discounts

With CalorieKing, you get a personalized food and exercise diary to help you understand and improve your eating behavior.

Join for free: Sign up for the yearly program at no cost.

You can enjoy:

- Personalized goals based on your body's needs
- A diary to track calories and physical activity
- A large food database with nutritional information
- Support through a social network

*The Aetna discount does not apply to any plan in which you are already enrolled. To receive the discounted rate, you must wait until your current plan ends. If you are enrolled in auto-delivery, you must cancel it and then re-enroll to receive the discounted rate.

**Offer good on new four-week auto-delivery programs only. With auto-delivery, you receive a discount off Nutrisystem's regular one-time rate with new four-week auto-delivery order. Free shipping to the continental U.S. only.

***Valid for 3-month trial membership. Cost of food (\$15 – 23/day, CA\$17 – 26/day) and shipping not included. \$50 in food discounts to be used in \$10 increments for each minimum weekly food purchase of \$152/CA\$173. Active program enrollment and program eligibility status required, which includes meeting with a consultant and adhering to the full Jenny Craig meal plan. Free shipping of first order requires purchase of 2-week full planned menu order (minimum purchase of \$304) and valid for U.S. only. Offer valid at participating centers and Jenny Craig Anywhere. Not valid at jennycraig.com. New members only. No cash value. Not valid with any other offers or discounts. One offer per person. Restrictions apply.

†50 percent discount on enrollment fee for eligible premium programs. Plus the cost of food (\$15 – 23/day, CA\$17 – 26/day). Plus the cost of shipping, if applicable. Active program enrollment and program eligibility status required, which includes meeting with a consultant and adhering to the full Jenny Craig meal plan. Free shipping of first order requires purchase of 2-week full planned menu order (minimum purchase of \$304) and valid for U.S. only. 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.

If you require language assistance, please call the Member Services number on your Aetna ID card, and an Aetna representative will connect you with an interpreter. If you're deaf or hard of hearing, use your TTY and dial 711 for the Telecommunications Relay Service. Once connected, please enter or provide the Aetna telephone number you're calling. Si usted necesita asistencia lingüística, por favor llame al número de Servicios al Miembro que figura en su tarjeta de identificación de Aetna, y un representante de Aetna le conectará con un intérprete. Si usted es sordo o tiene problemas de audición, use su TTY y marcar 711 para el Servicio de Retransmisión de Telecomunicaciones (TRS). Una vez conectado, por favor entrar o proporcionar el número de teléfono de Aetna que está llamando.

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