

Aetna Discount Health & Fitness Programs @ aetna.com through Brookhaven National Laboratory

<https://www.bnl.gov/hr/Benefits/docs/medical/Aetna-Discount-Program.pdf>

A healthier you from home If staying home or work from 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. Some are FREE, some are pay-as-you go, & some are a monthly fee.

<https://www.globalfit.com/interstitial/digital-resource-library>

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.

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 www.globalfit.com/fitness.

