



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).

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.**

Rather Workout at Home?

- + Save 10-40% on a wide array of fitness products.

Rather Race to Get Your Workout?

- + Save up to 15% off registrations to a variety of races.

Other discounts include:

- + Up to 25% off online workout subscriptions
- + 10% off home swim lessons and life guard services
- + Up to 90% off magazine subscriptions

Start saving today!

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

*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. Discounts are subject to change at any time.

**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.



ACUPUNCTURE AND MASSAGE

Save 25% on acupuncture treatments and massage therapy through our network at 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.

The Dinner Daily

The Dinner Daily makes healthy, delicious dinners easy and affordable by providing you with weekly dinner plans customized for your food preferences, dietary needs, and the specials at your local grocery store!

Dinner Daily members can save \$1,200 or more each year on grocery costs, for less than \$1 a week. Eat better dinners, save money and make dinners easy.

Members receive 25% on any Dinner Daily subscription – you'll pay as little as 70 cents a week – and will save many times that on your grocery costs. Plus, your first two weeks are free to make it easy to try.

To sign up, or for more information, visit <https://thedinnerdaily.com/thp> and use CODE **THP25** when you sign up to receive your discount.

Jenny Craig® - Effective, January 1, 2019

Lose up to 16 lbs in just 4 weeks* with Rapid Results™ by Jenny Craig.

*** First 4 weeks only. Avg. weight loss in study was 11.6 lbs for those who completed the program.**

Rapid Results™ leverages the innovative science of the Circadian Rhythm, which was awarded the 2017 Nobel Prize in Physiology/Medicine.

Special Offer from Tufts Health Plan Free 3 month program (food not included) + \$100 in Food Savings (purchase required).**

OR Save 50% off our premium programs* (food cost separate).**

Here's how Jenny Craig works:

Dedicated Personal Consultant: Jenny Craig includes a weight loss consultant to help you reach your goal. Together, you'll create a customized weight loss plan that fits your needs and lifestyle.

Delicious Food: Enjoy around 100 chef-crafted Jenny Craig foods in flavors you'll love. You get to eat 6 times a day so you're always satisfied. Each meal and snack is conveniently prepared for you, no prep or cooking required.

Real Results: Lose more weight than dieting on your own†

GET STARTED TODAY!

Visit jennycraig.com/THP

OR

Call 1.877.536.6970 to schedule an appointment for a FREE consultation.

*Valid for 3-month membership. Discount split over 10 consecutive weeks with weekly full menus ave. \$156 (before discount) Active program enrollment and eligibility status required, which includes meeting with a consultant weekly and adhering to the full Jenny Craig meal plan. Any shipping costs are extra. Food cost subject to change. Valid only at participating centers and JCA. Not valid at jennycraig.com. No cash value. Not valid with any other food offers or discounts. One offer per person.

**50% discount on enrollment and/or membership fees for eligible premium programs. Weekly full menus ave. \$156 (before any discount) and any shipping costs are not included. Food cost subject to change. Active program enrollment and eligibility status required, which includes meeting with a consultant weekly and adhering to the full Jenny Craig meal plan. 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

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.

Brain Fitness

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

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 regular-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 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.

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®

Home Instead Senior Care provides a wide range of non-medical support services to enable seniors to live safely and comfortably wherever they call home — whether that's the home they lived in for decades, the home of a child, an assisted living community, or a nursing home. Trained CAREGivers® help seniors with Meal Preparation, Bathing, Grooming, Dressing, Incontinence Care, Mobility Assistance, Transportation, Housework and Medication Regimen Support. Home Instead provides support services in hospice settings and following discharge from the hospital or rehab. CAREGivers® provide meaningful companionship, engagement and supervision to seniors that have an Alzheimer's or Dementia diagnosis. Home Instead's services are customized to meet the needs of each individual. Service hours generally range from a few hours per week to 24-hours per day.

As a Tufts Health Plan member, you or a family member can receive a one-time \$100.00 CREDIT toward charges for services at participating offices. Tufts Health Plan members also receive a free home safety inspection once you have contracted for services with Home Instead Senior Care.

For more information, please contact Home Instead:

Web: homeinstead.com | Phone: 888-484-5759 (toll-free)

To get the discount, just show your Tufts Health Plan ID card.

*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.