

Member Discounts *Help You Lead a Healthy Lifestyle* While You Save

Healthy products at valuable discounts can help you kickstart your plan for a healthy 2008.

No one does more to keep you healthy than Tufts Health Plan.

That's why we offer more savings on the widest selection of healthy products, treatments, and services—from fitness club memberships, to acupuncture and massage therapy, to wellness education.

So you save while you're taking care of your health. That's a real win-win.



fitness

Fitness Clubs

Get more energy and strength! Join a gym near your home or office, pay no joining fee, and save 20 percent on memberships at a fitness club in the Tufts Health Plan network.

Fitness Together

Members receive 10 percent off the price of personal training packages and a free initial evaluation at participating Fitness Together facilities in Massachusetts. If you are already a member of Fitness Together, you can receive a 10 percent discount off the price of personal training packages of 36 sessions or more at participating facilities.

GlobalFit

We've doubled our fitness center network with the addition of the GlobalFit network of more than 2,000 top fitness clubs. You can save up to 60 percent on month-to-month

memberships at fitness clubs nationwide and get exclusive discounts on exercise equipment and supplies.

Curves*

Save 50 percent off the initiation or joining fee, and earn a free month's membership at participating Curves fitness and weight-loss facilities.

Appalachian Mountain Club

Get fit in the great outdoors! Members are eligible for a 20 percent discount off AMC regular membership rates. AMC members can also receive discounts on accommodations, subscriptions, and programs.

CATZ Kids Fitness Program

The CATZ Kids Fitness Program is a 12-week fitness and nutrition program for children between the ages of 7 and 10. Tufts Health

Plan members can receive 30 percent off the regular price of the program, which includes exercises, games, and interactive nutrition lessons designed to focus kids on making healthy lifestyle choices.



nutrition

Nutrition Counseling

A healthy diet is key to any healthy lifestyle. Start to eat smart. Get 25 percent off the cost of unlimited visits with registered dietitians or licensed nutritionists in the Tufts Health Plan network. No referrals are needed. This is in addition to your coverage for medically necessary nutrition counseling visits with applicable copayments.

Tufts University Health & Nutrition News

Learn the latest health and nutrition news from a leading source of science-based information. Subscribe at a special low rate only for Tufts Health Plan members and receive the monthly newsletter, as well as four special in-depth reports a year.

Weight Watchers®

Pay no joining fee for the traditional program, and receive a \$10 discount off the price of a Weight Watchers deluxe At-Home Kit. Join Weight Watchers Online and receive a \$10 discount on this innovative plan.



mind&body

Acupuncture

Save 25 percent on acupuncture treatments at participating providers.



Massage Therapy

Save 25 percent at participating massage therapy providers.

Wellness Programs

Save up to 30 percent on wellness programs at participating hospitals in the Tufts Health Plan network. Topics range from stress reduction to smoking cessation. Just

show your Tufts Health Plan member ID card when you register to receive your discount.

Natural Therapies

Aromatherapy, guided imagery, and meditation are great ways to reduce stress in a busy life. Learn more about these therapies and save up to 40 percent on purchases through ChooseHealthy™.

healthy extras

Boys and Girls Club

Members up to 18 years of age are eligible to join a participating Boys & Girls Club and pay no membership or initiation fee. Some clubs have age restrictions, so check with individual clubs for more information. Members receive a 20 percent discount off the cost of select programs.



Health and Wellness Products through ChooseHealthy™

Save up to 40 percent and get free shipping on health and wellness products, such as vitamins, nutrition supplements, fitness books, exercise videos, and more.

Home Instead Senior Care

Have you or an elderly family member ever needed home support services such as light housekeeping or meal preparation? Members receive a \$50 credit on charges for these and other services at participating offices.

New Balance Burlington and Mashpee

The New Balance stores in Burlington and Mashpee, Mass., offer members a 15 percent discount on products such as fitness-related apparel, footwear, and accessories. Therapeutic shoes for diabetics are not included in this offer. Just show your Tufts Health Plan member ID card and a photo ID at the checkout counter and save.

Safety Helmets

Receive discounts on bicycle helmets that meet national impact safety standards.



To learn more about savings on the programs described here—and to see a complete list of programs—be sure to visit www.tuftshealthplan.com. Just click on Discounts on the Members tab.