

FITNESS & WELLNESS PROGRAMS

As the first Massachusetts health plan to offer its members a fitness program, Tufts Health Plan understands that staying healthy means more than just keeping doctor appointments.

These programs are part of Member Discounts, giving Tufts Health Plan members a wide range of discounts on wellness programs and products. For more information, visit www.tuftshealthplan.com.

Fitness/Weight Management Programs

Fitness Clubs—Members can save 20% on annual memberships at participating fitness centers, with no initiation or joining fee. Some centers allow members to visit for a small copayment each time, without buying an annual membership. Members can visit our Web site for a list of participating fitness centers.

Weight Watchers[®]—We offer members three ways to save with Weight Watchers:

- No registration fee for traditional Weight Watchers meetings
- \$10 discount on Weight Watchers online three-month savings plan
- \$10 discount on a Weight Watchers standard or at-home deluxe kit

Curves—Members can save 50% off the initiation or joining fee and earn a free month's membership at a participating Curves fitness and weight loss facility.

Boys and Girls Clubs—Healthy habits start early, so we've got a program for kids too. All members under age 18 receive automatic enrollment in Boys and Girls Clubs with no membership or initiation fee. Some clubs have age restrictions. Members also save 20% on many club programs.

Seminars and Workshops

Tufts Health Plan members also can save 30% on seminars and workshops at many of our network hospitals and fitness centers. Topics may include nutrition, stress management, smoking cessation, women's health, men's health, safety, parenting, yoga, and meditation. No referral is necessary.

Massage and Acupuncture

Members receive a 25% discount on massage therapy and acupuncture services from participating providers in the Tufts Health Plan discount network. Members do not need a referral to receive the discount, and simply make an appointment with a participating provider. Members can find a list of Tufts Health Plan participating providers on our Web site.

Eyewear Discounts

Members can save 25% on prescription eyeglasses, 20% on prescription standard contact lenses, and 10% on prescription daily wear contacts at participating providers, through Tufts Health Plan's eyewear discount.

U.S. News and World Report and the National Committee for Quality Assurance (NCQA) State of Health Care Report recently named Tufts Health Plan the number two health plan in the nation.

For more information, contact the sales offices at:

1-800-208-8013 (Watertown Office)
1-800-208-9545 (Worcester Office)
1-800-337-4447 (Springfield Office)

www.tuftshealthplan.com