

HEALTHY DISCOUNTS



CHOOSEHEALTHY

We at EmblemHealth provide the ChooseHealthy affinity program at no additional cost to you. ChooseHealthy is a product of American Specialty Health Networks, Inc. (ASH Networks) and Healthyroads, Inc.

Finding the right fitness program or choosing the right massage therapist or registered dietitian should not be a workout.

- No matter what stage of fitness you're in, there's never a better time to begin an exercise program that's right for you. With the ChooseHealthy program you will have access to a national network of hundreds of fitness clubs and exercise centers. These facilities offer a minimum 10 percent discount off the initiation fee and/or the monthly dues, or the best available public rate based on the type of membership selected. This discount applies only to new memberships.
- With ChooseHealthy you have access to an extensive, credentialed network of complementary acupuncturists, massage therapists and registered dietitians at a 25 percent discount off the usual and customary fees.

Where do you start?

- Consult your physician before starting any fitness or massage regimen. If you are taking prescribed medication, contact your medical doctor to discuss the safety and appropriateness of using an acupuncturist or any herbal supplement therapy.
- Visit www.choosehealthy.com/emblemhealth and select *Find a Provider*.
- Once you find the provider you want, you may also download a free trial certificate, and find online maps.
- You may call ASH Networks toll-free at **1-877-335-2746** to find a fitness club or exercise center or EmblemHealth Customer Service at **1-877-842-3625**.

ADDITIONAL HEALTHY DISCOUNTS

These discount programs are also available to you at no extra cost.

- **Weight Loss Services** — Save on programs including Jenny Craig and Nutrisystem.
- **Hearing Care** — Save on hearing aid purchases and get other discounts through HearX, HearUSA and Amplifon centers. At Amplifon centers, you also get a low-price guarantee on hearing aids, free batteries, follow-up care and screenings, and a 60-day trial period with a 100% money-back guarantee.
- **Vitamins and Natural Supplements** — Order online and save up to 45 percent.
- **Vision Affinity Discount Program** — Get discounts of up to 20 percent at participating Davis Vision Centers.
- **Laser Vision Care** — Save as much as 25 percent on laser vision correction.
- **Health Care Services and Products** — Get as much as 50 percent off the cost of prescription drugs, dental care, home nursing care and more.

Services included in EmblemHealth's Healthy Discounts program are available only through participating vendors. These discount programs are not health care benefits and we do not insure them. For more about these services, visit www.emblemhealth.com/goodhealth.