

Member Discounts Help You Save on Products and Services That Promote Good Health

Tufts Health Plan will 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

- ▶ Save 20% on annual memberships and pay no fee for joining at Tufts Health Plan network fitness centers in Massachusetts, New Hampshire, and Rhode Island. The network includes almost 80 health and fitness centers.*
- ▶ Save 50% off the joining fee when you join a participating New England Curves® club.
- ▶ Save 10% on a personal training package at participating Fitness Together locations and receive a free fitness evaluation.
- ▶ Members 18 years old and younger pay no fee to join network Boys & Girls Clubs in Massachusetts and Rhode Island. Members also receive a 20% discount on the cost of most programs.
- ▶ Save 20% on an Appalachian Mountain Club membership and receive discounts on lodging, subscriptions, and programs.

MetroRock

Get discounts on day passes over \$16 and on annual memberships.

*If you're not ready to join a fitness center, you and your family can go to a fitness center in the Tufts Health Plan network and pay a small copayment of \$6-\$10 for each visit, up to five times a month.

For a full list of fitness centers in the Tufts Health Plan network, go to tuftshealthplan.com and click Find a Doctor, choose your plan and submit, then search under Other Services.

HEALTHY EATING

Counseling

You can receive 25% off the cost of visits with a registered dietitian or licensed nutritionist participating in our network when you do not have a medical doctor's referral. To find a dietitian or nutritionist, visit tuftshealthplan.com and click Find a Doctor, choose your plan and submit, then search under Other Services. With a medical doctor's referral, nutritional counseling is a covered benefit with zero co-pay with participating providers.

*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.

Supplements

Save up to 40% on a wide variety of vitamins, supplements, and popular energy and protein bars through ChooseHealthy.com. Standard shipping is also free for members.

MIND AND BODY

Acupuncture and Massage

Save 25% on acupuncture treatments and massage therapy. To find a participating provider, go to tuftshealthplan.com and click Find a Doctor choose your plan and submit, then search under Other Services.

Brain Fitness

Members can receive 17% off the price of a subscription to BrainHQ™, an online cognitive training program. This program offers brain exercises that can help people improve memory, attention, social connection, and more.

Natural Therapies

Save up to 40% on aromatherapy, homeopathic remedies, meditation, yoga, and other natural remedies. To learn more, go to ChooseHealthy.com.

WEIGHT MANAGEMENT

DASH for Health™- New Offering

DASH for Health program is an online program dedicated to helping you eat better, exercise better and lose weight. With customized meal plans to help you get started, twice-weekly email tips, tracking tools for weight, food and exercise, and hundreds of recipes, you will eat better, feel better and improve your health - all while eating the foods you love.

Tufts Health Plan members can sign up for the DASH for Health program for \$34.50 for a 6 month subscription (50% off the regular subscription rate).

Visit tuftshealthplan.dashforhealth.com and enter coupon code: thp to take advantage of this special offer.

iDiet®

This easy-to-follow program helps retrain your brain to crave healthy foods that support weight loss while keeping you full and satisfied.

Save 15% on the iDiet program (\$45 savings) for enrolling in the Engage (entry level) or Advance (experienced dieter) programs.

Visit theidiet.com/hi/tuftshealth/ to learn more.

Jenny Craig®

Beginning in January 1, 2017, when you're ready to lose weight, Jenny Craig can help you reach your goal and get the most out of life. As a Tufts Health Plan member, you are eligible for a special offer worth more than \$100 in savings.* Plus, you can join Jenny Craig for free and save 10% on all food purchases.* Here's how Jenny Craig works:

- 1) Meet one-on-one and build a relationship with your dedicated personal consultant.
- 2) Pick your favorite Jenny Craig Foods: Choose from 100 + delicious, award-winning menu items that free you from worrying about what to eat.
- 3) Jenny Craig Guarantees Results**: Lose 3x more weight than dieting on your own.*** Visit jennycraig.com/orgcode=THP to get the discount.

*Waiver of \$99 enrollment fee. Monthly fees of \$19 required. Cost of food (\$15-\$23/day) and shipping not included. Member is responsible for all payments for the Jenny Craig Program. Active program enrollment and program eligibility status required, which includes meeting with a consultant and adhering to the full Jenny Craig meal plan based on stage of weight loss. Upon request, must provide proof of eligibility for participation in organization's wellness program that is registered with Jenny Craig. Food discount not applicable to shipping cost and only valid for personal consumption. 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. New members only. Restrictions apply.

**Lose 12 lbs. in 12 weeks or your first three month's fees back. Member must follow program guidelines including but not limited to a minimum food purchase of \$100 (US) / \$105 (CA) per week, plus 12 consecutive weekly consultations required. New members only. Members following our program, on average, lose 1-2 lbs per week. Restrictions apply.

***Journal of the American Medical Association, 2010 Oct 27; 304(16):1803-10



MORE SAVINGS

Concord Hospital Center for Health Promotion

Tufts Health Plan members receive a 10% discount on all nutrition classes \$25 or more, weight loss programs, childbirth classes and Mindfulness Based Stress Reduction.

To obtain your discount, call the Center at 603.230.7300 or register in person and mention you are a Tufts Health Plan member.

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 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.

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. To find an eye care provider in the EyeMed Vision Care network, go to tuftshealthplan.com, and click Find a Doctor, choose your plan and submit, then and search under vision care.

Home Instead Senior Care®

Receive a \$100 one-time credit toward home care support services at participating offices when you show your Tufts Health Plan ID card. These include help preparing meals, light housekeeping, and other nonmedical home care services with Home Instead Senior Care. A free home-safety inspection is also provided once you contract for services with Home Instead Senior Care. This includes a review of the home entrance, kitchen, bathrooms, and more. This benefit is available to eligible family members of Tufts Health Plan members.

MORE WAYS TO SAVE

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. Mindfulness-Based Cognitive Therapy (MBCT) is an established program for people with depression.

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.

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.

DISCRIMINATION IS AGAINST THE LAW

Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Tufts Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Tufts Health Plan:

- ▶ Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- ▶ Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Tufts Health Plan at 800.462.0224.

If you believe that Tufts Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Tufts Health Plan, Attention:

Civil Rights Coordinator Legal Dept.
705 Mount Auburn St. Watertown, MA 02472
Phone: 888.880.8699 ext. 48000, [TTY number — 800.439.2370 or 711]
Fax: 617.972.9048
Email: OCRCoordinator@tufts-health.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Tufts Health Plan Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW, Room 509F, HHH Building Washington, D.C. 20201 | 800.368.1019, 800.537.7697 (TDD)
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

For no cost translation in English, call the number on your ID card.

Arabic للحصول على خدمة الترجمة المجانية باللغة العربية، يرجى الاتصال على الرقم المدون على بطاقة الهوية الخاصة بك.

Chinese 若需免費的中文版本，請撥打 ID 卡上的電話號碼。

French Pour demander une traduction gratuite en français, composez le numéro indiqué sur votre carte d'identité.

German Um eine kostenlose deutsche Übersetzung zu erhalten, rufen Sie bitte die Telefonnummer auf Ihrer Ausweiskarte an.

Greek Για δωρεάν μετάφραση στα Ελληνικά, καλέστε τον αριθμό που αναγράφεται στην αναγνωριστική κάρτας σας.

Haitian Creole Pou jwenn tradiksyon gratis nan lang Kreyòl Ayisyen, rele nimewo ki sou kat ID ou.

Italian Per la traduzione in italiano senza costi aggiuntivi, è possibile chiamare il numero indicato sulla tessera identificativa.

Japanese 日本語の無料翻訳については ID カードに書いてある番号に電話してください。

Khmer (Cambodian) សម្រាប់សេវាបកប្រែដោយឥតគិតថ្លៃជា ភាសាខ្មែរ សូមទូរស័ព្ទទៅកាន់លេខដែលមាននៅលើប័ណ្ណសម្គាល់សមាជិករបស់អ្នក។

Korean 한국어로 무료 통역을 원하시면, ID 카드에 있는 번호로 연락하십시오.

Laotian ສຳລັບການແປພາສາເປັນພາສາລາວທີ່ບໍ່ໄດ້ສຍຄ່າໃຊ້ຈ່າຍ, ໃຫ້ໂທຫາເບີທີ່ຢູ່ເທິງບັດປະຈຳຕົວຂອງທ່ານ.

Navajo Doo bą́ą́h ilíní da Diné k'ehjí álnéehgo, hodiilnih béésh bee haní'é bee nées ho'dílzíngó nantínígíí bikáá'.

Persian برای ترجمه رایگان فارسی به شماره تلفن مندرج در کارت شناسایی تان زنگ بزنید.

Polish Aby uzyskać bezpłatne tłumaczenie w języku polskim, należy zadzwonić na numer znajdujący się na Pana/i dowodzie tożsamości.

Portuguese Para tradução grátis para português, ligue para o número no seu cartão de identificação.

Russian Для получения услуг бесплатного перевода на русский язык позвоните по номеру, указанному на идентификационной карточке.

Spanish Por servicio de traducción gratuito en español, llame al número de su tarjeta de miembro.

Tagalog Para sa walang bayad na pagsasalin sa Tagalog, tawagan ang numero na nasa inyong ID card.

Vietnamese Để có bản dịch tiếng Việt không phải trả phí, gọi theo số trên thẻ căn cước của bạn.