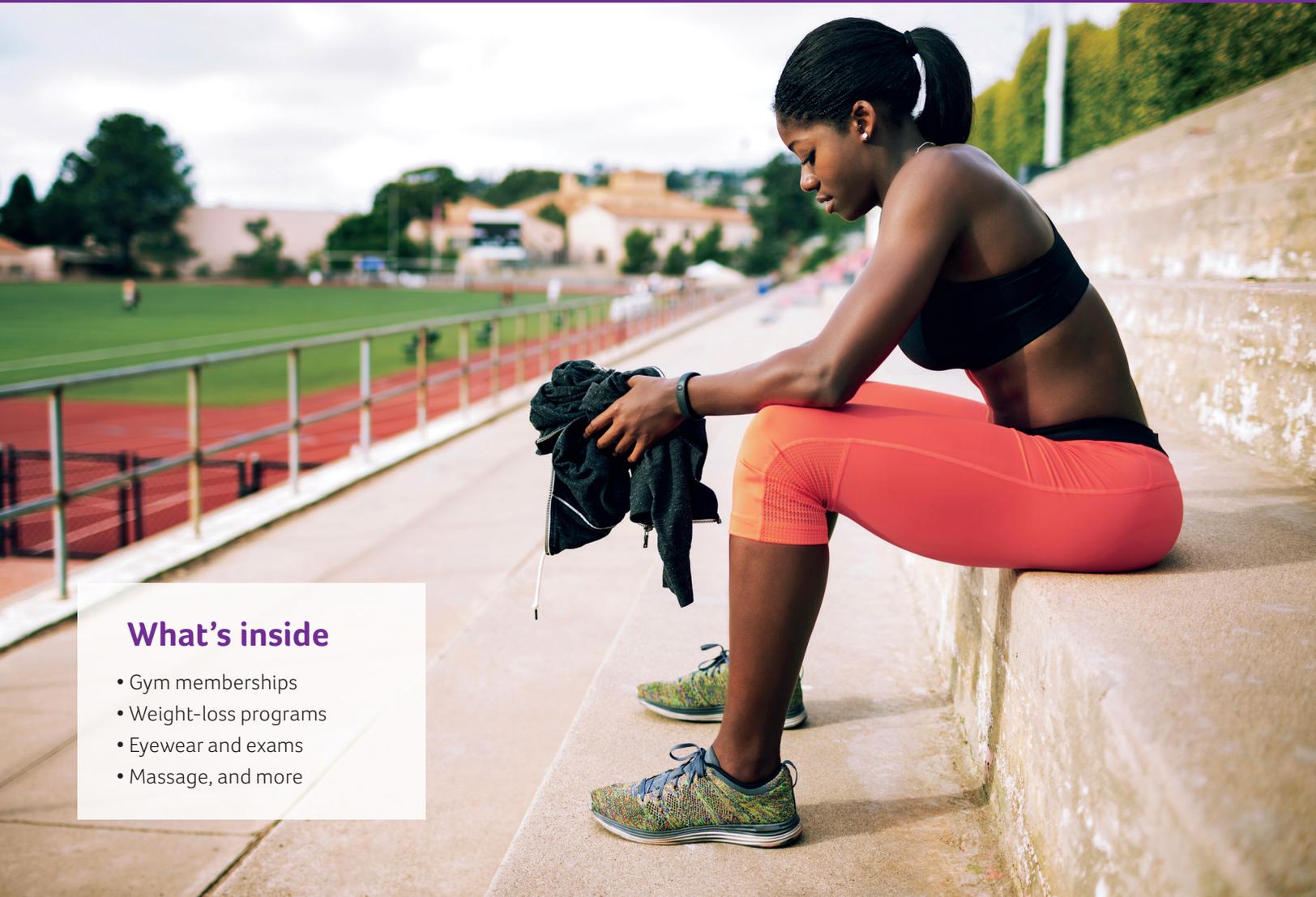




Live well with on-the-spot savings Discount program

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www.texashealthaetna.com



What's inside

- Gym memberships
- Weight-loss programs
- Eyewear and exams
- Massage, and more



Healthy, sharp vision

Savings on eyewear and exams

As a Texas Health Aetna member, you have access to discounts offered through Aetna.

Discount programs are **not** insurance and program features are not guaranteed under the plan. Discount programs are in addition to any plan benefits and may require a separate charge to access such programs. **Discounts offered hereunder are not insurance.**

Plenty of prescription savings

If your vision isn't 20/20, you'll love discounts on:

- Designer frames
- The latest in lens technology
- Non-disposable contact lenses
- Sunglasses, and more

Great rates on eye exams

Your eye exams are always discounted. So even if your plan covers your first exam, you can save on another one from any participating doctor.

Lots of locations

You can visit many doctors in private practice. Plus, national chains like JCPenney Optical, LensCrafters®, Target Optical®, Sears OpticalSM and Pearle Vision®.¹ You can find them all on your member website at www.texashealthaetna.com.

More eye-openers

- Savings on LASIK laser eye surgery
- Replacement contact lenses, delivered to your door

You can even save on eyeglass chains, lens cases and cleaners, and nonprescription sunglasses.

*GlobalFit website. www.globalfit.com/fitness. March 2016.

**By HealthAdvocate™, through GlobalFit.

***By Les Mills™ On Demand and Trainer On Demand, through GlobalFit.

¹EyeMed Select Network and Provider List. January 1, 2016.

Health benefits and health insurance plans are offered and/or underwritten by Texas Health + Aetna Health Plan Inc. and Texas Health + Aetna Health Insurance Company (Texas Health Aetna). Each insurer has sole financial responsibility for its own products. Texas Health Aetna are affiliates of Texas Health Resources and of Aetna Life Insurance Company and its affiliates (Aetna). Aetna provides certain management services to Texas Health Aetna.



A fit, fabulous you

Savings on gyms and personal training

Built-in plan discounts with no referrals, claims or limits. Your family can use them, too.

Discounts on gym memberships

Get the lowest rates at your choice of over 10,000 gyms* (and growing) in the GlobalFit® network.

Plus, these sign-up perks:

- Flexible membership options
- Free guest pass (at most gyms)
- Easy billing
- Travel, transfer or freezing privileges at some gyms

Keep in mind these savings are for new gym members.

You can find more details on www.globalfit.com/fitness.

A healthier you from home

If staying home is more your style, you have choices.

Health coaching

Get one-on-one support** to quit smoking, ease stress, lose weight and more. *On your schedule.*

Personal training

With an On Demand*** program, it's easy to get fit in private, at your pace. Your sessions air from any computer or mobile device. Just choose solo or group training.

At-home weight-loss program

Your body is your business. So you get weight-loss tips, menus and weigh-ins ... right in the privacy of your home.



A natural health boost

Savings on massage and more



Hearing your world better

Savings on hearing aids and exams

Savings on home exercise equipment

Build your body — and your home gym — with discounts on home exercise helpers like Zumba® equipment.

Natural therapy services

You can try these services¹ at a discount off the normal fee.

- Ease your stress and tension with **massage therapy**.
- Heal pain or stress points with **acupuncture**.
- Relieve neck and back pain with **chiropractic care**.
- Get advice from registered dietitians with **nutrition services**.

It's easy: You can find program professionals on your secure member website at www.texashealthaetna.com. Just bring your member ID card to your visit.

Natural products, too

You can also order healthy items you use every day, like **over-the-counter vitamins** and **yoga equipment**.

Plus:

- Aromatherapy
- Natural body care products
- Herbal and nutritional supplements

The choice is yours

With Hearing Care Solutions, you get:

- **Discounts** on a large choice of hearing aids
- **A three-year supply of batteries**, then you can join a discount battery mail-order program
- **Free in-office service** of hearing aids for one year
- **Free routine cleanings** and battery door replacements for one year after purchase from the original provider

With Amplifon Hearing Health Care, you get:

- **Discounts** on many styles of hearing aids, including programmable and digital hearing aids from leading makers
- **Savings** on hearing exams and hearing aid repairs
- **Free follow-up services** for one full year
- **A two-year supply of batteries**

Ready to browse and buy?

Just log in to your member website at www.texashealthaetna.com for easy ordering instructions.



How to get started

Once you're a member, just log in to your member website at www.texashealthaetna.com. It's the place to take care of your benefits. Your place to save, too.

You can:

- Find a vision, hearing or natural therapy professional
- Start personal training
- Buy health products
- Sign up for a weight-loss program
- Get a free gym trial, and more

¹Through the ChooseHealthy® program, which is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.



A healthier body with a little help

Savings on weight-loss plans

Nutrisystem® discounts

You get plans to help you lose the weight and keep it off. That is, savings on any 28-Day Nutrisystem® Success™ weight-loss meal plan.* And a larger discount on auto-delivery.**

You also get:

- Over 150 menu items
- Daily protein shakes packed with nutrition
- Online tools and coaching

Jenny Craig® discounts

Jenny Craig can help you take charge of that “I’m ready now” moment.

With the Jenny Craig All Access program, you get***:

- Your first month free (food not included)
- Support to meet your goals and keep up the good work
- Ten percent off all food going forward

Jenny Craig foods free you from worrying about what to eat.

CalorieKing® discounts

Here’s support based on *your* body. Just try the program free for seven days.† Then choose a program: monthly or yearly (bigger discount).††

You also get:

- Savings on products in the CalorieKing online store
- A diary to track calories and activity
- A calorie and carb database for your favorite foods

*The discount offers available through Aetna do not apply to any plan in which you are already enrolled. To receive the discounted rate, you must wait until your current plan ends. If you are enrolled in auto-delivery, you must cancel it and then re-enroll to receive the discounted rate.

**Offer good on new 28-day auto-delivery orders only. With auto-delivery, you receive a discount off Nutrisystem’s regular 28-day plan price and free shipping to the continental U.S. only.

***Fifty percent discount on \$99 enrollment fee. Monthly membership fee of \$19 required. Plus the cost of food. Plus the cost of shipping, if applicable. 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. Food discount not applicable to shipping cost and only valid for personal consumption. New enrollment in the Jenny Craig All Access program is required in order to receive food discount, even if participant is already enrolled in another Jenny Craig program. 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.

†You can cancel your program membership at any time during the first seven days by logging in to your CalorieKing account and following the instructions in “Payment and Account Details” under “Account Settings.” If you do not cancel during the first seven days, your credit card will be charged on the eighth day.

††If you are already a CalorieKing member, you will need to end your current account and rejoin to receive the discount available through Aetna.

If you require language assistance, please call the Member Services number on your member ID card, and a representative will connect you with an interpreter. If you’re deaf or hard of hearing, use your TTY and dial 711 for the Telecommunications Relay Service. Once connected, please enter or provide the telephone number you’re calling.

Si usted necesita asistencia lingüística, por favor llame al número de Servicios al Miembro que figura en su tarjeta de identificación de miembro, y un representante le conectará con un intérprete. Si usted es sordo o tiene problemas de audición, usar su TTY y marcar 711 para el Servicio de Retransmisión de Telecomunicaciones. Una vez conectado, por favor entrar o proporcionar el número de teléfono que está llamando.

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain benefits. Discount offers provide access to discounted services and are not part of an insured plan or policy. Check any insurance benefits you have before using these discount offers, as those benefits may result in lower costs to you than using these discounts. Discount offers are not guaranteed and may be discontinued at any time. Texas Health Aetna and its affiliates make no payment to the discount vendor. You are responsible for the full cost of the discounted services. We do not endorse any vendor, product or service associated with these discount offers. Vendors are independent and are not agents or employees. Programs, products and services may not be available at all times. Certain offers may not be available in some states. Products may be subject to a warranty from the manufacturer. We make no representations or warranties, and disclaims all product warranties. We have no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered. We may receive a percentage of the fee paid to a discount vendor. Information is believed to be accurate as of the production date; however, it is subject to change. Gym services are provided by GlobalFit and health coaching through HealthAdvocate. Products and services are provided by Hearing Care Solutions and Amplifon Hearing Health Care (formerly HearPO). Natural health care services providers are credentialed using ASH Networks’ credentialing policies and procedures, which are consistent with URAC accreditation and NCQA certification requirements. LASIK surgery discounts are offered by the U.S. Laser Network. Providers are independent surgeons and are not agents of EyeMed, Texas Health Aetna or their affiliates. Physicians on the medical staff practice independently and are not agents or employees of the hospital or Texas Health Resources.

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