

Benefits and healthy extras



The City of Worcester Advantage was designed in partnership with local health care providers, exclusively for City of Worcester employees. What does that mean for you? It means having a **health insurance plan that saves you money, gives you more benefits**, and provides you with access to some of Worcester's finest providers, including **UMass Memorial Health Care, Saint Vincent Hospital and Reliant Medical Group**.

The City of Worcester Advantage isn't just a health plan. It's **OUR** health plan. See what The City of Worcester Advantage will do for you.

Take care of yourself and your budget with these great extras!

When you join The City of Worcester Advantage, you'll have access to the following programs and benefits through our partnership with Fallon Health to ensure that you stay healthy and happy! Best of all, they are included at no cost to you!

It Fits!—one of the most flexible fitness benefits you can get in Massachusetts!

An annual fitness reimbursement program that pays families \$400 annually and individuals \$200 for participating in healthy activities. You can use your money toward:

- New, home cardiovascular fitness equipment
- Local school and town sports leagues and programs
- Gym memberships—at the gym of your choice
- Ski mountain lift tickets and season passes
- Pilates
- Yoga
- Aerobics classes
- Dance lessons
- Weight Watchers® and Jenny Craig®
- Karate
- Sports camps
- Race fees
- And much more!

The Healthy Health Plan

The Healthy Health Plan helps members age 18 and over be—and become—healthy. Simply go to myhealth.fchp.org and fill out the health assessment, to get an overall picture of your current health.

EyeMed Vision Care® discounts

Save up to 35% on frames and additional discounts on contact lenses, laser vision correction and nonprescription sunglasses at thousands of locations nationwide.

Mobile ID card app

Get your City of Worcester Advantage member ID card on the go with our smart phone app. View your ID card, see your copayments, plus email or fax an image of your card to your doctor, hospital or pharmacy. The app is available from the iTunes App Store or Google Play.

\$0 wellness benefit!

Copayments are \$0 for routine physicals, gynecological exams, well-child care visits and annual eye exams.

20% discount at CVS/pharmacy

You get a 20% discount on more than 1,500 CVS/pharmacy-brand health-related products—good at any CVS/pharmacy store or online at cvs.com.

Oh Baby!

This special program for parents-to-be delivers some of the “little things” like prenatal vitamins, a child care book, a home safety kit and even a free convertible toddler car seat and electric breast pump.

Nurse Connect

For those times when you're not feeling well, but don't think it's an emergency, call the registered nurses at Nurse Connect. The City of Worcester Advantage members get free access—by phone—24 hours a day, seven days a week, 365 days a year.

Quit to Win

Smokers get access to this free counseling program with tobacco cessation experts who will work with you by telephone.

Healthwise Knowledgebase

This free online encyclopedia features information on diseases, treatment, medications and other important health topics.

Weight Watchers® is a registered trademark of Weight Watchers International, Inc.

Jenny Craig® is a registered trademark of Jenny Craig, Inc.