

Healthy Living Essentials



Tufts Medicare Preferred HMO plans offer more!

How do you use your plan to stay healthy? Healthy Living Essentials makes it easy. These are the benefits and extra discounts that will help you lead a healthy lifestyle. And they offer great savings, too. We call them our Healthy Living Essentials because they are an essential part of your plan. Take a look at some of the highlights:

Benefits

Get \$150 for joining a fitness club, fitness class, and other wellness programs

- Our Wellness Allowance benefit helps you lead a healthy lifestyle. And it pays you back.

Get \$150 for eyeglasses or contact lenses

- You can get up to \$150 towards eyeglasses or contact lenses each year! (\$90 out-of-network)

You pay \$0 for health screenings

- Getting regular screenings is one of the best ways to stay healthy.

You're covered when traveling

- An important part of enjoying your next trip is knowing we'll be there for you in an emergency. You are covered for emergency and urgent care anywhere in the world.

Care managers are available to help you

- A Care Manager can help you if you get sick, have an injury, or are just looking for ways to stay healthy.

Preferred Extras

Health Product Savings

Hearing Care Solutions Program

- Fixed, discounted pricing on a wide selection of hearing aids from major manufacturers ranging from only \$825 to \$1,675; complete hearing aid evaluation and a two year supply of batteries at no charge!

Lasik Surgery

- 15% discount on retail price, or 5% off the promotional price, of LASIK and PRK laser vision correction.

Home Instead Senior Care

- \$100 one-time credit on non-medical home care services.

ChooseHealthy.com™

- Free shipping and up to 40% discount on over 2,400 dietary supplements, homeopathic remedies, diet & sports nutrition, yoga & fitness activities, personal body care, books, audio videos, DVDs and more, when you register online at www.choosehealthy.com.

CVS Caremark ExtraCare® Health Card

- Tufts Medicare Preferred HMO members can receive 20% off the purchase price of certain CVS/pharmacy store-brand, non-prescription, health related items by using a CVS Caremark ExtraCare® Health card. Just present your ExtraCare® Health Card at the time of purchase in CVS/pharmacy locations nationwide to receive your discount.*

Fitness

Curves®

- 50% discount on initiation fees; one month free membership after 12 consecutive monthly membership payments.

Fitness Together

- New members to Fitness Together receive a free initial fitness evaluation and a 10% discount on personal training packages. Existing Fitness Together members receive a 10% discount on the purchase of 36 training sessions or more.

Tufts Health Plan Network of Fitness Centers

- 20% discount on an annual membership, with no initiation fees; \$6 copayment per visit for up to 5 visits per month. (some centers may charge a \$15 evaluation fee) See Summary of Benefits to learn more about \$150 reimbursement towards fitness club membership each year.

Mind & Body

Massage Therapy

- 25% discount on usual and customary fee or pay \$15 per 15 minutes of massage therapy, whichever is less.

Acupuncture

- 25% discount on usual and customary fee.

Wellness Programs

- 30% discount on variety of health and wellness seminars and programs.

Nutrition Services

Nutritional Counseling

- 25% discount on unlimited visits with participating registered dieticians and licensed nutritionists.

Weight Watchers®

- Complete reimbursement for successful completion of a traditional Weight Watchers Program.

NutriSystem®

- Tufts Health Plan Members save an additional 12% off the current promotion on core or select programs.

Save on Jenny Craig!

- Jenny Craig clients lose 3 times more weight than dieting on their own.[†] Free 30-day program[‡] or 30% off the Jenny All Access Membership[‡].

**The 20% discount is restricted to items purchased for the health care of cardholder, spouse or dependents and applies to regularly priced CVS/pharmacy brand health related items valued at \$1 or more. Excludes prescriptions, alcohol, tobacco, lottery, postage stamps, gift cards, money orders, pre-paid cards and photo finishing, and is not valid on other items reimbursed by a governmental program.*

†Rock CL, Flatt SW, Karanja N, et al. JAMA. 2010;304(16):1803-1811. Clients following our program, on average, lose 1-2 lbs per week.

‡Plus the cost of food. Plus the cost of shipping, if applicable. Offer applies to initial membership fee only and is valid only at participating Centers and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per Member. No cash value. Restrictions apply.

Tufts Health Plan Medicare Preferred is an HMO Plan with a Medicare contract. Enrollment in Tufts Health Plan Medicare Preferred depends on contract renewal.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.