

DISCOUNTS Savings

To help you and your family on your path to wellness

for MASSACHUSETTS members





These savings programs are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. All programs subject to change without advance notice.

• Visionworks: Get a *free* pair of prescription eyeglasses with your covered routine eye exam.<sup>1</sup> Also, save 40% on frames.

• Vision discounts at popular locations: Save 35% on frames when you buy a complete pair of glasses. Or save 20% on any frame or lens options purchased separately, or save 20% on other lens addons and services. Use discount code **9248683** at the time of purchase. Locations include: Target Optical, JC Penney Optical, Pearle Vision, Lenscrafters, Sears Optical, In Style Optical and other EyeMed access network optical providers.<sup>2</sup>

- Harvard Vanguard Medical Associates: Save 40% on frames and 20% on prescription sunglasses.
- Laser vision correction: Save up to 45% on procedures from Davis Vision, QualSight LASIK and US Laser Network, with locations in MA, ME, NH and CT.

### Hearing

Vision

- Amplifon Hearing Health Care: Save on hearing aids and hearing services, plus one year of follow-up services included with purchase. Locations nationwide.
- Flynn Associates: Save up to \$200 per hearing aid, and get free quarterly cleanings, adjustments and more.
- Speech-Language and Hearing Associates of Greater Boston, PC: Save up to \$200 on each hearing aid purchase.

#### Healthy Eating

- DASH for Health<sup>™</sup>: Save 50% on a six-month subscription for this online program to help improve eating and exercise habits.
- **Diet.com:** Save 35% on a 12-month membership for this online resource for diet, nutrition and fitness.
- **Green City Growers:** Save 15% on raised-bed organic vegetable garden installation and get one free session when you sign up for bi-weekly maintenance.
- iDiet: Save 15% on the 12-week iDiet Engage program, developed by researchers at Tufts University.
- Jenny Craig: Free three-month trial membership (includes \$50 in food savings) or save 50% on eligible premium programs.<sup>3</sup>
- Savor Health: Save on fresh, nutritious and delicious meals for cancer patients and caregivers.

### Fitness

- Appalachian Mountain Club: Save 20% on individual and family memberships. Use your membership for all kinds of outdoor activities to keep you healthy and fit.
- **Boston Ski & Sports Club:** Save 23% on annual membership, with access to fun ways to stay active and healthy, such as playing sports, skiing, traveling and connecting with other enthusiasts in the region.
- Genavix Wellness Network: Save \$50 on the "90 Day Commit to Get Fit" program, which includes help from a wellness coach in setting up a customized fitness, nutrition and stress management plan.
- Marathon Sports: Save 15% on athletic footwear. Multiple locations in MA.
- <sup>1</sup> You must have an eye exam and choose eyeglasses during the same visit. Additional restrictions apply.
- <sup>2</sup> Valid at participating locations only. Restrictions apply.
- <sup>3</sup> Cost of food and shipping not included. Active program enrollment and program eligibility status required. Food savings comprised of five \$10 coupons to be used with purchase of full planned menu. Offer valid at participating centers and Jenny Craig Anywhere. Not valid at jennycraig.com. New members only. No cash value. Not valid with any other offers or discounts. Each offer can be used separately, once per member. Restrictions apply. Visit Jenny Craig for details.



#### Fitness (cont.)

• Northampton Running Company: Save 15% on all footwear. Located in Western MA.

## Dental

• Universal Dental Plan: Save up to 28% on Universal Dental Plan's membership fees, and 20-50% on all procedures from a network of participating dentists in MA, ME, NH and CT.<sup>4</sup>

## Holistic Wellness

- Complementary and Alternative Medicine: Save up to 30% on services offered through our partnership with Healthways WholeHealth Networks, including: acupuncture<sup>5</sup>, chiropractic<sup>5</sup>, tai chi, qigong, diet and supplement advisors, mind body therapies and more.
- Headspace: Save 25% on an annual subscription for this online meditation course.
- Hug Patrol: Save 25% on any therapeutic, weighted products to help relieve stress, anxiety and other symptoms.
- Ivy Child: Save 15% on mindfulness health education programs that focus on meditation, yoga, art and music for children and teens.
- Massage Envy: Save on monthly membership fee, and get a free introductory massage, one monthly massage and a discounted rate for additional massages at locations in MA, ME, NH and CT.
- Mindful Magazine: Save 25% on a regular subscription.
- UMass Medical School Mindfulness Based Stress Reduction Program and Mindfulness Based Cognitive Therapy Program: Save 15% on these 8-week courses.
- The Original Healing Threads by Spirited Sisters: Save 15% on clothing for people with leg injuries or who are undergoing upper body rehabilitation.
- 10% Happier: Get "The Basics" course for free. Subscribe to the rest of the program for \$9.99 per month and get your first month free for this online meditation program.
- New England Spas: Receive a complimentary Ace Salt Water Sanitizing System (\$1,699 value) with any purchase of a Hot Spring spa/hot tub. Locations in Auburn, Natick and Norwell.

### Ouit Smoking

- Craving to Quit: Save 25% on this smartphone-based program.
- QuitSmart: Save 18% on this self-help quit program that offers hypnosis, medication recommendations and a patented simulated cigarette.

### Family Senior Care

- Care.com: Save up to 25% on a premium membership, with access to thousands of babysitters, nannies, senior caregivers, pet sitters, dog walkers, tutors, housekeepers and more.
- CareScout Elder Advocacy Program: Save 20% and connect with trained care advocates to help assess your needs and find adult day care, home health care services or facility care.
- Home Instead Senior Care: Get a one-time \$100 credit toward fees for services at participating offices and get a free home safety inspection at the start-up of services.
- My Vigorous Mind: Save up to 25% on memberships for this fun, web-based brain wellness software that helps train people's cognitive skills.
- SeniorAssist (Senior Resource Center, Inc.): Save \$500 on the lifetime flat fee for services.

<sup>4</sup>Universal Dental Plan is not dental insurance and does not meet minimum creditable coverage under applicable state law. The plan provides discounts at specific dental providers for dental services. The plan does not make payments directly to the providers of dental services. The plan member is obligated to pay for all dental care services but will receive a discount from those dental care providers who have contracted with the discount dental plan organization. The range of discounts will vary depending on the services provided.

<sup>5</sup> Does not replace or supplement coverage under your Harvard Pilgrim medical benefits plan. Some plans include chiropractic and/or acupuncture coverage, in which case the provider networks and benefits differ. Consult your Benefit Handbook or call Member Services for details.

# More details?

If you're an existing Harvard Pilgrim member, log in to your account at www.harvardpilgrim.org. If you're not currently a member, call (800) 848-9995. For TTY service, call 711.



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.