

Discount Program

Offered through Health Plans' affiliation with Harvard Pilgrim Health Care

Eye & Ear

Harvard Pilgrim's Free Eyewear Program (with exam)
Discounted Eyewear, including contact lenses, from participating providers
Discounted Hearing aids and related services
Laser vision correction (e.g., LASIK, PRK)

Fitness

Appalachian Mountain Club memberships
Boston Ski & Sports Club memberships
Discounts on health club memberships (visit www.healthplansinc.com for current details)
Genavix Wellness Network: discount on the "90 Day Commit to Get Fit" program
Marathon Sports footwear
Northampton Running Company footwear
Runner's Alley footwear

Health & Wellness / Therapeutic

Acupuncture and Chiropractic Care*

** Note: This program is not related to your medical benefits. Some plans include chiropractic or acupuncture coverage, in which case the provider networks and office visits differ. Refer to your specific Benefit handbook for more information.*

Discounted subscriptions to **over 50** health, fitness, and wellness magazines

Elements Therapeutic Massage

Healing Threads™ by Spirited Sisters: therapeutic and post-surgery clothing

Health education and support groups

LB Comfort's "Sense-Able" Solutions: weighted comfort items for sensory sensitivity

Massage Envy

New England Spas

Newbury Hypnotherapy: 540 VFW Parkway, Suite 3, Boston, MA. 617-421-1500

QuitSmart®: smoking cessation program

RESPerATE: Natural Blood Pressure Therapy

Stress Reduction Program: UMass Medical School (Shrewsbury campus)

Support Plus: comfort-oriented items (exclusive of covered DME benefits)

(continued on reverse)

Nutrition

DASH for Health: online nutrition and exercise program

NEW!

The Full Yield: 12-month program designed to improve and protect your health, centered on dietary choices

Green City Growers: raised-bed vegetable gardens

Weight Watchers®[†], Jenny Craig, and Diet.com memberships

Child & Elder Care, Safety & Comfort Care

Care.com: child and senior caregiver assistance – Premium Membership

CareScout®: eldercare ratings program

NEW!

In Control Crash Prevention Program: Half-day training course in auto crash prevention; open to all ages but primarily focused on teen drivers

Home Instead Senior Care®: senior caregiver assistance

NEW!

My Notification Service: emergency medical information and contact notification service

MedMinder: “Maya” Electronic Pillbox System

Personal Emergency Response Systems (PERS) by Wayne Alarms

Safe Beginnings: home and child safety products

Senior Assist: program for caregivers through Senior Resource Center, Inc.

Vigorous Mind: web-based brain wellness program

[†] The Weight Watchers® discount is available at all Weight Watchers North America locations. Please note that some locations are owned locally and may not honor this discount.

Vendor participation in the Discount Program is subject to change. For the most current information, please log on to our website at www.HealthPlansInc.com, click on **Members**, and then **Your Member Savings** in the quick-access menu. Please note that not all programs are available in all areas.