

Available through your Employee Assistance Program:

Healthy Rewards®

<https://apps.cignabehavioral.com/web/basic/site/consumer/educationAndResourceCenter/healthyRewards.jsp#1>

Weight Management and Nutrition

Healthroads Weight Management Program - Save up to 10%

Use telephone coaching sessions to incorporate four important elements of weight management control: nutrition, exercise, guided imagery, and relaxation techniques. Includes personal progress reports to track your improvements.

NutriSystem® Weight Loss Program - Special Savings

The NutriSystem(R) weight loss program provides perfectly portioned meals tailored to six different groups; men, women, men over 60, women over 60, Type II diabetics and vegetarians as well as providing behavior modification training through unlimited counseling services, a meal planner, web-based tools including calculators, trackers, communities, newsletters and more.

- Save 15% on all NutriSystem(r) 28-Day orders with the Healthy Rewards discount*.
- Join the Auto-Delivery program and receive an additional discount, 2 free weeks of food and free shipping (Continental US only).

Registered Dietitian

Registered Dietitians are food and nutrition experts who can tailor a plan to your specific medical and nutritional needs. **Savings: Up to 25%**

Jenny Craig® Special Savings

The Jenny Craig program is about balancing food, body, and mind, the three essential components of successful weight management. Together with one-on-one support, Jenny Craig will design a personalized, comprehensive program that fits your lifestyle. Each day your menu includes three pre-packaged and portion-controlled meals and snacks chosen from over 75 delicious Jenny's Cuisine™ menu items.

Three program options are available.

- **FREE 30-day Trial program*** — Each day enjoy 3 Jenny's Cuisine™ entrees and a snack plus your own added fruits, vegetables, low-fat dairy, whole grains and heart-healthy fats.
- **50% off 6-Month program*** — This six-month program is designed to help members get back on track with consistent healthy eating and physical activity while providing one-on-one support to create a healthy living plan.
- **20% off 1-Year Premium Success Program*** — Enjoy up to 10% off Jenny Craig weight loss products, and receive personalized weight maintenance support once you reach your goal weight.

Weight Watchers® Discounts

Walk in, log in or stay in... you'll save on your Weight Watchers membership no matter which program you choose.

- **Weight Watchers Traditional Meetings:** All you need is your CIGNA HealthCare ID card to get free registration for weekly group meetings. PLUS, you can now prepay your meetings with vouchers and save. Order 13-week Local Meeting vouchers for just \$119.86 and receive a FREE Weight Watchers Exercise DVD with a retail value of \$15.00. (Available in participating areas only.)
- **Weight Watchers Online:** Download personalized tools, information and resources including a journal, weight tracker, meal planner and Weight Watchers recipes-all yours for \$10 less than the standard price. CIGNA members pay only \$55.
- **Weight Watchers At Home:** All the material found in Weight Watchers meetings packed into a program delivered to your door in two options, either 12-week Standard or 24-week Deluxe. Pay only \$99.90 or \$124.90, that's \$10 off the regular price of the at-home kit! (Available in participating areas only.)

Weight Management Scales

Need a scale? Take advantage of our special scale offer with drugstore.com. Get \$10 off a variety of scales.

Fitness

Fitness Club and Equipment Discounts

Choose a participating facility and you'll have access to fitness activities from aerobics to weight-lifting - at a discounted rate! Choose from Curves, select Bally Total Fitness, Gold's Gyms, and others. CIGNA members receive an additional \$10 off their gym membership activation fee. Save on home fitness equipment also.

Savings: Up to 60%

Just Walk 10,000 Steps-a-Day™

Become more active and take control of your health just by taking 10,000 steps a day.

Vision and Hearing Care

Exams, Eyewear and Contacts

Healthy Rewards offer discounts for routine vision services, including exam and eyeglasses through the Vision Network Savings Program. The CIGNA Vision network offer over 20,000 locations nationwide, including these national retail opticals, Pearle Vision, Sears, Target and JC Penney. This is a discount program, not an insured benefit.

Lasik Vision Correction

A technique that may reduce or even eliminate the need for glasses or contact lenses. Initial consultations are free through participating providers. Call 800-870-3470 to find a participating provider near you. **Savings: Up to 25%**

Hearing Exams and Aids

Save up to 40% on hearing tests and up to 25% on hearing aids, with a 60-day trial period and money back guarantee. Screenings are free and there is no charge for follow-up visits for one year. **Savings: Up to 25%**

Note: To receive your discount information, you must call **1-888-HEARING** before you go to your provider.

Tobacco Cessation

Healthyroads Tobacco Cessation Program - Save up to 10%

Tobacco cessation psychologists, qualified support staff, online tools, print material and product discounts all come together to offer smokers encouragement, tips, incentives and proven methodologies to help become smoke-free.

Savings: Up to 10%

Tobacco Solutions™

Expanded program now offers savings on a variety of supplies including patches, gum and lozenges. You can also request the eight-week nicotine replacement therapy program that uses the Novartis Habitrol Nicotine Transdermal System (nicotine replacement patch). You'll receive significant savings on:

- Eight weeks of step-down therapy using the Habitrol Take Control Support Program Total Therapy Stop Smoking Aid Kit™;
- 56 nicotine patches to cover eight weeks of step-down therapy for people who smoke at least 10 cigarettes a day;
- Stages of Change booklet with an eight-week calendar of activities to guide you through the program;
- Stages of Change compact disc.

QuitNet®

QuitNet uses methods proven to help people quit smoking and combines them into one easy-to-use online program. Save 35% and receive a lifetime online membership, giving you 24/7 access to social support, personalized content, professional counseling and more.

Alternative Medicine

Acupuncture

An ancient healing technique, acupuncture can help to correct imbalances in the body caused by a variety of illnesses or conditions, resulting in pain relief and better health. **Savings: Up to 25%**

Chiropractor

Relief from pain, better mobility and improved circulation are proven benefits of chiropractic methods. **Savings: Up to 25%**

Massage

A variety of new and ancient massage techniques that can soothe muscles, improve circulation and help relieve pain

naturally. **Savings: Up to 25%**

Mind/Body

Healthyroads Mind/Body Program - Save up to 10%

The use of positive mental visualization and relaxation techniques (such as meditation) can help you to lose weight, reduce stress, quit smoking, reduce pain, prepare for surgery or even cope with chronic illness.

Yoga Journal (Subscriptions, DVDs, yoga conference discounts)

Yoga is the joining or uniting of the mind, body and spirit to enrich the quality of one's life, and to enhance one's health. Yoga can reduce your stress, increase flexibility, and strength. And more people are practicing Yoga than ever before. Members can now save money through several Yoga offers:

- Yoga Journal annual subscription for \$13* - a savings of 63 percent off newsstand prices - plus a free premium book with every purchase.
- Yoga DVDs* - Use coupon code **05CIGNA06** to receive 30% off on DVDs. Discount for DVDs only.
- Yoga Journal sponsored conferences*

SpaFinder™ – Save up to 10%

Relax and de-stress with access to over 5,000 spas worldwide including day, destination, hotel and medical spas. Get 10% off, free Fedex Ground Shipping plus a free SpaFinder Directory on gift certificates over \$100. Let SpaFinder help you find the perfect well-being experience. Find available programs. **Savings: Up to 10%**

Dental Care

Oral-B™ and Crest™

Improve your oral health with Oral-B and Crest products. Discounts include an Oral-B Professional care 9900 Triumph with SmartGuide for \$119.99, an Oral-B Professional Care 4700 for \$49.99 and Crest Whitestrips Daily Whitening and Tartar Protection for \$29.99. Discounts on replacement brushheads are also available. **Savings: Up to 30%**

Anti-cavity Products through Epic

Toothpaste, mouthwash, mints, gum and sweetener-can help protect your teeth from cavities throughout the day. **Savings: Up to 50%**

Vitamins, Health and Wellness Products

Drugstore.com™

An online pharmacy that stocks the same health and wellness items as the corner drugstore-for less. Shop at

drugstore.com*.

Blood Pressure Monitor Offer

Monitoring your blood pressure at home under your doctor's supervision can help determine whether you really have high blood pressure and, if you do, whether your treatment plan is working. Enjoy a 15% discount on this selected monitoring device. **Savings: 5% taken off every order at checkout**

ChooseHealthy™ (discounts on natural supplements) - Save up to 40%

Order vitamins and herbal supplements at a discount. Shipping is free, too! Shop at healthyroads.com*. **Savings: Up to 40%**

Healthy Lifestyle Products **Mayo Clinic Books**

Be better informed with books written by experts from the Mayo Clinic. Save 10% off the low posted price for over 20 Mayo Clinic books. Topics include women's health, heart disease, osteoporosis, healthy pregnancy, chronic pain and more. Enter code **HealthyReading** to obtain your discount when you complete your purchase.

Savings: 10% off low Internet price.

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