

Get well, stay well and save money

Aetna Discount Programs

Save on gyms,
eyewear, weight-loss
programs and more.

We want you to know[®]



There are many ways to stay healthy *outside* the doctor's office.



Save on staying healthy! You get the discounts below with your Aetna health benefits and health insurance plan to help make it easy.

Save right away on:

- Gym memberships
- Home exercise products and equipment
- Eye care, eyewear and accessories
- LASIK eye surgery
- Over-the-counter vitamins
- Massage therapy
- Chiropractic visits
- Acupuncture
- Dietetic counseling
- Hearing aids and exams
- Weight-loss programs
- And more!

If your health plan covers any of these discounts, use your plan first. Your out-of-pocket costs could be lower.

These programs are not insurance. So there are no claims, no referrals, and no limits to how often you can use your discount. It's on-the-spot savings that your family members on your health plan can use, too!

Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health, Inc., Aetna Health of the Carolinas Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

Aetna VisionSM discount program



See better for less

This program helps you save on what you need to see better, like eye exams, glasses, contacts ... even LASIK. You also pay less for vision items that *don't* need a prescription. So pick up some shades for the summer or stock up on contact cleaners. There are plenty more savings where those came from!

Program locations

Choose from thousands of national chains such as:

- Pearle Vision® Centers
- Sears®
- LensCrafters®
- Target®
- JCPenney®

Plus, you can go to many eye doctors in private practice. To find one near you, go to www.aetna.com.

How to start

1. Go to www.aetna.com to find a doctor. Or call **1-800-793-8616**.
2. Make an appointment.
3. Choose your eyewear.
4. Show your Aetna ID card to save on the spot.

What you save*

PRODUCT OR SERVICE	WHAT YOU PAY
Eye exams (For plans that cover eye exams)	See your plan documents for details.
Eye exams (For plans that DO NOT cover eye exams)	
Complete eye exam	\$42
Standard contact lens fit & follow up	\$40 (plus \$42 exam fee)
Specialty contact lens fit & follow up (e.g. Toric, Bifocal, Gas Permeable)	\$10 off retail (plus \$42 exam fee)
Lenses (per pair, uncoated plastic)	
Single vision	\$40
Bifocal	\$60
Trifocal	\$80
Standard Progressive (no-line bifocal)	\$120
Eyeglass frames	40% off retail price
Lens options, per pair (add to lens price above)	
Standard polycarbonate (includes ultraviolet and scratch-resistant coating)	\$40
Scratch-resistant coating	\$15
Ultraviolet (UV) coating	\$15
Solid or gradient tint	\$15
Standard antireflective coating	\$45
Glass	20% off retail price
Photochromic glass	20% off retail price
Contact lenses	15% off retail price (5% for disposables)
Contact lens replacement by mail	Call 1-800-391-LENS (5367) to order a new pair.
More vision items	20% off retail price
LASIK eye surgery	15% off retail prices (5% off special advertised prices) for U.S. Laser Network services. You must call 1-800-422-6600 to schedule an appointment.

*EyeMed Services and Compensation Schedule, 3/09. Prices are subject to change. Discounts may not be available on certain brand name vision materials (i.e., designer eyeglass frames) in which the manufacturer imposes a no-discount practice.

Aetna FitnessSM discount program

Shape up and save

Regular exercise helps you look and feel healthy. With this program, you can save money, too.

You can:

- Save on gym memberships.*
- Save on home exercise products and equipment, like treadmills and elliptical trainers.
- Try out an at-home weight-loss program.
- Get one-on-one health coaching** to stop smoking, lower stress and more!

It's everything you need to get fit — for less — today.

Why join a gym

- Thousands of gyms *** nationwide and in Canada (and growing!) — all within the GlobalFit™ network
- FREE guest pass†
- Three flexible membership options:
 - > 96 weeks (Lifestyle)
 - > 48 weeks (Commit)
 - > Month to month (Non-Commit)
- Easy billing through your bank account or major credit card.

*Participation in GlobalFit is for new gym members only. Membership to a gym of which you are now, or were recently a member, may not be available.

**Provided by WellCall, Inc., through GlobalFit.

***GlobalFit website, www.globalfit.com/fitness, 3/09.

†Available at most gyms.

††Lifestyle and Commit memberships only.

- Guest privileges at participating gyms when you travel.††
- Transfer your membership to another person†† or another participating gym.
- Freeze your membership for up to two months per calendar year.††
- Plus, family members on your health plan can use the program, too!

How to start

1. Go to www.globalfit.com/fitness for a list of gyms you can visit.
2. Pick a gym.
3. Follow the steps to get your free guest pass.†
4. Join a gym. Sign up online. Or call **1-800-298-7800**.



Did you know?

Getting your daily dose of exercise helps keep your heart healthy and your bones strong. It can even give you a good night's sleep!

Aetna Weight ManagementSM discount program

Trim your waist, not your wallet

Lose weight and feel great. This program can help. You'll save on programs and products to help you lose weight from Jenny Craig® — one of the largest weight-loss firms in the world!

What you get

- Free 30-day program*
- Weekly one-on-one consultations
- Plans to help you get active and stay motivated
- Online support and Jenny eTools
- 24/7 customer care

Program options

- Start with a FREE 30-Day Program*
- Then choose one of the following:
 - > 50%* off the 6-month VIP (Gold/Platinum) Program
 - > 20%* off the 1-Year Premium Success Program

You can visit a Jenny Craig Centre or choose the Jenny Direct® at-home program.† You'll save either way.

How to start

1. Sign on to your secure member website at **www.aetna.com**.
2. Click on "Benefits", then "Health Programs."
3. Click on "Weight Management discounts."
4. Follow the steps to print your registration coupon instantly.
5. Call **1-800-96-JENNY (1-800-965-3669)** to find a centre near you.*
6. Bring your coupon and Aetna ID to get your free consultation.



*Plus the cost of food and shipping when applicable. Discounts apply to membership fee only. Offer good at participating centres and Jenny Direct® in the United States, Canada and Puerto Rico.

†Shipping and handling charges apply to Jenny Direct orders.

Aetna Natural Products and ServicesSM discount program

Relax, recharge and save

There are many paths to healthy living. This program can help you find, and save, on a natural one. Pay less for massages, herbal supplements and other ways to complement your health. You get it through American Specialty Health (ASH), Inc., a leader in this market. It's a smart way to save on items not typically covered by your health plan.*

Look what you save on!

Massage therapy

Massage can ease stress and improve your overall well-being. So rest your achy muscles — and pay less.

Acupuncture

Pinpoint your areas of pain or stress with this 5,000-year old technique. And relax with savings.

Chiropractic care

Get “realigned” with savings on regular visits to the chiropractor.

Dietetic counseling

Get advice from registered dieticians on the foods you should eat. This can help you feel healthier, look leaner and improve your total health.

How to start

- Sign on to your secure member website at www.aetna.com.
- Click on “Benefits,” then “Health Programs.”
- Click on “Natural Products and Services Discounts.”
- Follow the links to make an appointment.
- Let office staff know you're an Aetna member.
- Pay the discounted price on the spot.

Save on natural products, too

Get your daily dose of Vitamin C — at a discount. Buy other over-the-counter vitamins, too. Or stock up and save on aromatherapy, nutritional and herbal supplements, and more. You can choose from thousands of products.

It's easy to order:

1. Go to your secure member website at www.aetna.com.
2. Click on “Benefits”, then “Health Programs.”
3. Click on “Natural Products and Services Discounts.”
4. Follow the links to order and save!

You can order by Web, phone, mail or fax. Plus, you get free standard shipping on all orders.



*Check your plan to see if you have chiropractic and acupuncture benefits.

Aetna HearingSM discount program

Hear better, for less

Hear life the way it's meant to be heard. And save at the same time! With this program, you pay less for hearing aids, exams and more through HearPO[®], a leading provider of hearing supplies. With over 1,800* locations in the U.S., it's easy to find one near you.

What you get:

- Savings on all hearing aid styles, from behind-the-ear to in-the canal
- Your choice of models from leading manufacturers
- Digital hearing aids developed with the latest technology
- Discounts on hearing aid batteries
- Free follow-up service for one year

How to start

1. Call HearPO at **1-888-432-7464** to ask for your authorization packet.
2. Use the packet to find a provider. Or go to **www.aetna.com**.
3. Make an appointment.
4. Bring your packet to your visit.
5. Pay the discounted price on the spot.



Did you know?

Hearing loss is the *most preventable* disability in the world. In fact, hearing aids can help up to 95% of people with the condition.²

²Facts about hearing loss. Available at **www.hearpo.com**. Accessed April 24, 2009.

*HearPO website. Available at **www.hearpo.com/aetna**, 4/09.

To start saving on anything in this brochure, go to your secure member website at www.aetna.com.

More savings for you!

Save on e.Diets, restaurant reviews and more

It's nice to save. It's even nicer to save on things you already use to live healthy — or have always wanted to.

- Save on sonic toothbrushes and water-jet flossers from Waterpik®.
- Get a discount on Epic Dental products like gum, toothpastes, and mouth rinses.
- Eat healthier with 30% off a 1-year online membership to **Zagat.com**. View ratings and reviews on restaurants, hotels, movies, golf courses, attractions and more.
- Get up to 25% off an e.Diets membership. Get a personalized eating plan, plus customized weekly menus, fitness tips, online support tools and more.
- Save 10% at the **MayoClinic.com** Bookstore. Choose from books and DVDs, with recipes and tips for healthy living, managing conditions and more.

Remember — all of the programs in this brochure give you instant savings with:

- No limits
- No claims
- No referrals
- No limits on use

How to start

1. Log on to your secure member website at www.aetna.com.
2. Click on "Benefits," then "Health Programs."
3. Follow the link to any discount program.
4. Save on the spot!



This material is for information only. Discount programs provide access to discounted prices and are NOT insured benefits. **The member is responsible for the full cost of the discounted services.** Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care or guarantee access to health care service. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.