TUFTS Health Plan

MEMBER DISCOUNTS + PERKS

Save on Wellness Products and Services

Discounts + Perks Help You Save and Stay Healthy

Tufts Health Plan wants to help you reach your wellness goals with discounts on nutrition, mind and body, fitness, and other services related to good health.[1]

Fitness and Exercise

Get discounts at over 14,000 health and fitness facilities across the U.S. through the International Fitness Club Network. You can even try before you join with a FREE one-week trial membership at any facility you like.[2]

Rather Work Out at Home?

- Save 10-40% on a wide array of fitness products

Rather Race to Get Your Workout?

- Save up to 15% off registrations to a variety of races

Other Discounts Include:

- Save up to 25% off online workout subscriptions
- Save 10% off home swim lessons and life guard services
- Save up to 90% off magazine subscriptions

Start Saving Today

To learn more or to find a participating fitness center visit: **tuftshealthplan.com/Discounts-Perks**

[1]This information has been provided by the vendors and has not been independently confirmed by Tufts Health Plan. Check with your health care provider regarding any health or medical condition before beginning any new treatment, exercise, or nutrition regimen. Discounts are subject to change at any time.

[2]Specialty clubs and studios, such as martial arts, yoga, spin and personal training centers may offer different "trial" offers. Please inquire with the owner or membership department at these centers to verify offer.

Weight Management

DASH for Health™

Visit tuftshealthplan.dashforhealth.com and enter coupon code:thp to eat healthier, exercise better and lose weight. This online program is designed to give you the support you need, from recipes and meal plans to self-tracking tools.

Sign up for the DASH for Health program for $34.50 for a 6 month subscription (50% off the regular subscription rate).

The Dinner Daily

Visit thedinnerdaily.com/thp and use code THP25 to sign up for healthy and easy dinner plans, customized every week for your food preferences, dietary needs, and the specials at your local grocery store. You can save $1,200 or more each year on grocery costs.

Save 25% on any Dinner Daily subscription – you'll pay as little as 70 cents a week – and will save many times that on your grocery costs. Plus, your first two weeks are free.

Jenny Craig®

Lose up to 16 lbs in just 4 weeks[1] with Rapid Results™ by Jenny Craig.

Enjoy our special offers:

- Free 3 month program[2] - Food not included and $120 in Food Savings (purchase required) **OR**
- Save 50% off our premium programs - Food cost separate.

Get Started Today

- Visit jennycraig.com/THP **OR**
- Call 1.877.536.6970 to schedule an appointment for a FREE consultation.

UNLOCK A HEALTHIER YOU!

Change your life for the better with our member health portal.

Register or login at mytuftshealthplan.com and click on Start Living a Healthy Lifestyle.

1. **Take your Wellbeing Assessment (WBA)**
2. **Enroll in wellness coaching**
3. **Take advantage of Nurse24℠**
4. **Get support for a chronic health condition[1]**

[1] Available to all fully insured members and self-insured members whose employer has opted into the condition management program.

[1] First 4 weeks only. Avg. weight loss in study was 11.6 lbs for those who completed the program. Valid for 3-month trial membership. Weekly full menu ave. $156 (before discount) and any shipping costs not included. Discount split over 12 consecutive weeks with full menu purchase. Valid at participating centers and Jenny Craig Anywhere. New members only. No cash value. Not valid with any other offers or discounts. One offer per person. Restrictions apply.

[2] 50% off enrollment and/or membership fees for eligible premium programs. Weekly full menu ave. $156 (before any discount) and any shipping cost are not included. No cash value. Not valid with any other offer or discounts. Valid at participating locations and Jenny Craig Anywhere. New members only. Restrictions apply.

Mind and Body

Mindfulness and Stress Management

Save 15% on the cost of tuition for the 8-week Stress Reduction Program at UMass Medical School's Center for Mindfulness in Medicine, Health Care, and Society. Learn more at tuftshealthplan.com/Discounts-Perks

Cambridge Health Alliance Center for Mindfulness and Compassion Discount

Save 15% on Mindfulness and Self-Compassion courses, which can reduce stress and improve your overall well-being. Visit https://www.chacmc.org/courses. And use access code THP15 when you register.

Meditation 101 Audio Series

Get ready to relax and keep calm with our free 10-session audio series, "Meditation 101," It's a great tool to make meditation part of your daily ritual. Visit app.wellable.co/Meditation101 and enter access code "thp"

Acupuncture

New for 2020: Visit an acupuncturist within the Tufts Health Plan provider network and pay for each visit at your primary care physician or specialist cost share amount[1].

You can also save 25% on acupuncture visits, when you select a provider from the ChooseHealthy network[2]. Visit tuftshealthplan/choosehealthy to find a provider near you.

Massage

Save 25% on massage therapy through our network. Learn more at tuftshealthplan.com/Discounts-Perks.

Brain Fitness

Save 17% on the price of a subscription to BrainHQ™, an online cognitive training program. Stay sharp and visit brainhq.com/thp,

Vision

Eye Glasses, Contacts + Corrective Vision Discounts

Save up to 35% on the price of frames, lenses and sunglasses—including designer brands—when you see an EyeMed network provider. EyeMed Vision Care also offers a replacement contact lens program, and 5%-15% off the cost of LASIK and PRK laser vision correction. Learn more at tuftshealthplan.com/eyemed

More Savings

You Can Save When You Use the CVS Caremark® ExtraCare Health Program

You receive 20%[3] off regular-priced CVS Health Brand[4], health-related items valued at $1 or more. The ExtraCare card can be used at CVS Pharmacy® stores nationwide and new members can attach the discount to their card.

- How to Get Your 20% Discount
  - Just show your card at the time of purchase to receive your discount.
- If you are a new member and have a CVS ExtraCare card: Link your CVS ExtraCare card to your Tufts Health Plan member ID number to start receiving your discount. Just visit tuftshealthplan.com/extracarehealth to start the activation process. Provide your Tufts Health Plan ID number and your ExtraCare card number when prompted.
- If you don't already have an ExtraCare card, you'll be able to get one on the website. You can also pick one up at any CVS Pharmacy or call 1-800-SHOP-CVS to request a card before you get started with the linking process
- If you already have a Tufts Health Plan CVS ExtraCare Health card: Continue to use your existing Tufts Health Plan CVS ExtraCare Health card to get your 20% discount[5].

The Original Healing Threads™

Save 20% on patient apparel, the alternative to the standard patient wear/hospital gown.

Home Instead Senior Care®

Get a one-time $100 credit toward charges for non-medical support services at participating offices. Home Instead Senior Care enables seniors to live safely and comfortably wherever they call home. You can also receive a free home safety inspection once you have contracted for services with Home Instead Senior Care.

LEARN MORE:

tuftshealthplan.com/Discounts-Perks

800.462.0224

TUFTS Health Plan

[1]Upon renewal in 2020.

[2]Available only for PPO out-of-network plans. The ChooseHealthy discount cannot be used with contracted providers in the Tufts Health Plan network. Also, PPO plan members cannot combine both the discount and the cost share benefit.

[3]The 20 percent discount is restricted to items purchased for the health care of the cardholder only, and applies to regularly priced CVS Health Brand health-related items valued at $1 or more. Your ExtraCare Health discount may not be used in Target stores, including those with a CVS Pharmacy in them. Excludes alcohol, lottery, money orders, prescriptions and copays, pseudoephedrine/ ephedrine products, postage stamps, pre-paid cards, gift cards, newspapers and magazines, milk (where required by law or regulation), sale/promotional merchandise, bottle deposits, bus passes, hunting and fishing licenses, not valid on any imposed governmental fees, or items reimbursed by a government health plan. Check with your plan administrator for more details.

[4]All CVS Pharmacy Brand products are 100% satisfaction guaranteed or your money back. If you're dissatisfied for any reason, you can return the CVS Pharmacy Brand product (opened or unopened) along with your receipt or invoice to any CVS Pharmacy store. We'll refund the full purchase price — no questions asked! To return the item by mail, call Customer Care at 1-888-607-4CVS (1-888-607-4287). Other pharmacies are available in our network. You are not obligated to fill your prescriptions at CVS Pharmacy by using the ExtraCare Health benefit.

[5]Members with an existing Tufts Health Plan CVS ExtraCare Health Card should not try to use the link tuftshealthplan.com/extracarehealth. This site is only for new members. If you need to replace your existing physical card or transfer ExtraCare rewards, call 1-888-543-5938 and select option 2.