



Health discount program. Be healthy. Save money.

Our health discount program helps you and your family save typically 10 to 25 percent on many health and wellness purchases not included in your standard health benefit plan. By visiting a participating health provider, you can save on:

- ▶ **Dental care** — Cosmetic procedures such as teeth whitening
- ▶ **Vision care** — Laser eye surgery
- ▶ **Alternative care** — Acupuncture, chiropractic care, massage therapy and natural medicine
- ▶ **Long-term care services** — Skilled nursing facilities, assisted living, respite programs and durable medical equipment
- ▶ **Infertility treatment**
- ▶ **Hearing devices**



Would you like to look better, feel better and save money?

Even if you already have medical, dental and vision coverage, as an enrolled health plan member, you can save even more money by using your health discount program.



Disclosure: The UnitedHealth Allies® discount plan is administered by HealthAllies®, Inc., a discount medical plan organization. The **UnitedHealth Allies discount plan is NOT insurance.** The discount plan provides discounts at certain health care providers for health services. The discount plan does not make payments directly to the providers of health services. The discount plan member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization. HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-860-8773.

So many ways to save

Save on these wellness resources to help you live a healthier life:

- ▶ Weight management from Jenny Craig^{®1}, Nutrisystem[®] and other popular programs
- ▶ Nutrition counseling
- ▶ Fitness clubs² including Anytime Fitness[®], Curves[®], Gold's Gym[®], Jazzercise[®], Life Time Fitness[®], MyGym[®] and Snap Fitness[®]
- ▶ Fitness equipment and apparel
- ▶ Natural products and foods
- ▶ Stress reduction and relaxation resources
- ▶ Smoking cessation programs

¹ Plus the cost of food and shipping where applicable. Discounts apply to membership fee only. Offer good at participating Centres and Jenny At Home in the United States.

² Availability varies by geographic area; applies to new memberships only

How to get your discounts

Remember to always use your health benefits for covered services, and use the health discount program for those services that you must pay for yourself. No referrals are required for the health discount program, and there are no claim forms to submit. To locate participating health care professionals, programs and online retailers:

- ▶ Link to the health discount program from myuhc.com[®], look for the **Extra Programs and Discounts*** link on the home page, or select the Physicians & Facilities tab and choose Find Health and Wellness Discounts in the left navigation list.
- ▶ To search for a provider, program or online retailer, click the UnitedHealth Allies link and select a category (such as Alternative Care) and a specialty (such as Massage).
- ▶ For individual providers: Click **Select This Provider** to generate a discount confirmation. **Be sure to print the discount confirmation and take it with you to your appointment.** Note that the confirmation is simply your rate guarantee. You are under no obligation to visit the selected provider.
- ▶ Make an appointment, being sure to identify yourself as a UnitedHealth Allies[®] discount program member, and pay the discounted rate at the time of service.
- ▶ For national providers such as weight loss programs or our online shopping partners: Simply follow the instructions on the **Provider Profile** page to purchase products or services at the discounted rate. No confirmation is necessary.

*After logging in to myuhc.com and linking to the health discount site, if you are not automatically logged in to the health discount program website, click on **First-time users: Create Account** and follow the instructions. Or, call the Customer Care number on your medical ID card (or discount card, if issued).



Why pay full price for your out-of-pocket health care? Use the health discount program and save.

■ Cost* without health discount program
 ■ Cost* with health discount program

Fitness club membership (monthly fee)



Lasik



Teeth whitening



* Savings examples based on fee schedules and contracted discount rates. Your actual savings may vary by provider or facility selected, geographic area and service purchased.

