

# Healthy Discounts





# Health and Wellness

## How It Works

At Health Net, we believe good health is more than the absence of illness. Our Healthy Discounts program rewards you for being a member and supports your good health! Log in to [www.healthnet.com/medsupp](http://www.healthnet.com/medsupp) select Benefits Overview and click on Health and Wellness Programs to learn more about these discounts and extra benefits and how to access them.



### Peace of mind with the Nurse Advice Line

Our free Nurse Advice Line makes it easy to get answers to your health questions. You don't even have to leave home! Staffed by nurses (RNs), our Nurse Advice Line is available 24 hours a day, 7 days a week.

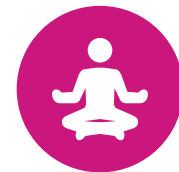
Call us if you have questions about:

- Your health, medicine or a long-time health problem.
- Whether you need to get to a hospital fast or see your doctor.
- How to handle a health issue in the middle of the night.

Call us toll-free at **1-800-893-5597 (TTY: 711).**

Interpreter services are also available 24 hours a day, 7 days a week.

**Please note:** The Nurse Advice Line is not for emergency situations. If you have a life-threatening emergency, call 911 or go to the emergency room.



### Specialty health care

#### **ACUPUNCTURE**

One of the oldest forms of healing in the world, acupuncture is a therapy that inserts fine, hair-like needles into specific body points called acupuncture points. The National Institutes of Health has endorsed acupuncture for pain syndromes, nausea and other conditions.

Through the ChooseHealthy® program, a product of American Specialty Health Incorporated (ASH), you can receive a 25% discount on the usual and customary fees from a contracted acupuncturist, chiropractor or massage therapist.

**Your health, your time, your choice. Health Net helps you become an active partner in decision-making about your health and the health of your family. You can access wellness programs from the privacy of your own home or office, and it's completely confidential.**

## **CHIROPRACTIC**

Chiropractors specialize in treating various conditions of the nervous, muscular and skeletal systems of the body, primarily using techniques that adjust or manipulate joints and muscles. Some of these conditions include, but are not limited to, lower back pain, neck pain, strains, and sprains, etc.

Through the ChooseHealthy program, you can receive a 25% discount on the usual and customary fees from a contracted chiropractor.

## **MASSAGE THERAPY**

Massage therapy uses touch to treat the body's muscular structures. There are more than 150 variations of massage, bodywork and somatic therapy techniques. If you've never had a massage, use your Healthy Discounts discount and try it for yourself.

Through the ChooseHealthy program, you can receive a 25% discount on the usual and customary fees from a contracted massage therapist.

For more information about the ChooseHealthy program, call **1-877-335-2746**, Monday through Friday, 5 a.m. to 6 p.m. Pacific time (PT). To schedule an appointment with your provider, call them directly using the Find a Provider search feature on your ChooseHealthy account. At your office visit, show your ChooseHealthy discount certificate (which is also accessed via your ChooseHealthy portal) and pay the provider.



The ChooseHealthy program (“CHP”) is not insurance. Check your insurance benefits before using the discount program as those benefits may result in lower costs to you. The CHP provides for discounts from participating specialty health care providers. You are obligated to pay for all services, but will receive a discount from participating providers for services included in the CHP. The CHP has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Availability of products and services, and their related discounts, are subject to change; please consult the website for current availability. The CHP is provided by American Specialty Health Group, Inc. and ASH Technologies, Inc. (dba ASH Technologies of Delaware, Inc. in the state of Pennsylvania); all subsidiaries of American Specialty Health Incorporated (ASH). ASH is an independent specialty health organization, offering musculoskeletal health provider networks and programs, fitness center networks and programs, and well-being solutions on behalf of health plans, employers, and other clients. ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

The “usual and customary” charge is preset for each procedure. This charge is determined by the complexity of the treatment and the fee most commonly charged for that procedure in a particular geographic area. This is the “maximum allowable” for any procedure, and the benefit will be calculated based on the provider’s submitted fee or the usual and customary amount – whichever is lower.



## Health Net

### Healthy Discounts –

We believe healthy living is about staying active, having a good attitude and feeling comfortable.

We recognize that good health goes beyond your covered medical benefits.

### Membership in Health Net

#### Healthy Discounts

is automatic and yours at no additional cost.

Enjoy the advantages of Health Net membership and the rewards of living well.



## Eye Care

A variety of savings and hundreds of providers are offered through the following vision vendors:

### EYEMED VISION CARE

Get discounts on eye exams, frames and lenses. Discounts good at more than 20,000 stores like Target Optical and LensCrafters.

- 15% off retail price for standard contact lenses.
- 35% off retail price of any frame offered in store.
- \$50 single, \$70 bifocal, \$105 trifocal plastic lenses.<sup>1</sup>
- 15% discount on retail laser vision correction. Or, 5% off the promo price.



## LASIK or PRK surgery

### EYEMED VISION CARE

[www.eyemedvisioncare.com/healthnet](http://www.eyemedvisioncare.com/healthnet)

**866-559-5252 (TTY: 711)**

Get discounts on eye exams, frames and lenses. Discounts good at more than 20,000 stores like Target Optical and LensCrafters.

- 15% off retail price for standard contact lenses.
- 35% off retail price of any frame offered in store.
- \$50 single, \$70 bifocal, \$105 trifocal plastic lenses.<sup>2</sup>
- 15% discount on retail laser vision correction. Or, 5% off the promo price.

<sup>1</sup>The discount is available only when a complete pair of glasses is purchased. Items purchased separately will be discounted 20% on the retail price.

<sup>2</sup>Some benefit plans cover vision, hearing aids, chiropractic services and/or acupuncture services. To confirm your plan benefits see your plan coverage document for details or contact the Health Net Member Services Department.



## Fitness facility discounts

### **ACTIVE&FIT DIRECT™**

Through the Active&Fit Direct program, you have access to a national network of gyms for just \$28 a month (first and second months' fees due at enrollment).<sup>3</sup> There is a 2-month commitment required.

Register online through the Health Net member portal. You may also call **1-844-646-2746**, Monday through Friday from 5:00 a.m. to 6:00 p.m. PT.



## In-home care services

### **ACCENTCARE, INC.**

AccentCare provides thoughtful solutions for living at home. You can receive a free initial consultation by telephone, a 10% discount on the first month's services for personal care and a free copy of *What Everyone Needs to Know About Homecare*. To learn more, call **1-800-834-3059**, Monday through Friday from 8:30 a.m. to 5:00 p.m. PT, or log in to **[www.accentcare.com](http://www.accentcare.com)**.



## Health products and online resources

### **E-STORE**

Through the e-store, you can buy health and wellness products at a discount. Health Net members receive free standard shipping on most orders. To order, visit the e-store at **[www.ChooseHealthy.com](http://www.ChooseHealthy.com)** or call **1-888-289-4325**, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.



<sup>3</sup>There is a 2-month commitment required. The Active&Fit Direct Program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ASH reserves the right to modify any aspect of the Active&Fit Program (including, without limitation, the Enrollment Fee, the Monthly Fee, and/or the Introductory Period) at any time by amending these Terms and Conditions. If ASH modifies a fee or makes a material change to the Program, ASH will provide you with no less than 30 days' notice prior to the effective date of the change. ASH may discontinue the Program entirely at any time upon advance written notice. The Active&Fit logo is a trademark of ASH and used with permission herein.



For more information:  
[www.hearingcaresolutions.com](http://www.hearingcaresolutions.com)



## Hearing aids and screenings

### **NATIONSHEARING PROVIDER CENTERS**

For more information, call **1-800-996-0234** (TTY: **711**), Monday through Friday, 8:00 a.m. to 8:00 p.m. Eastern time (ET), or go to **NationsHearing.com/healthnet**.

Health Net members receive:

- Annual hearing exam with no out of pocket cost when obtain through a participating provider.
- 60-day, money back guarantee.
- Hearing aid fitting by a participating provider.
- Three-follow up appointments to a participating provider.
- 60-batteries per year per aid (three-year supply, does not apply to rechargeable hearing aid models).
- One-time replacement coverage for lost, stolen or damaged hearing aid (deductible applies).
- Earmold(s)- first set, when there is a clinical need.
- 36-months manufacturers repair.
- Financing options
- Concierge services by Member Experience Advisors.

## **HEARING CARE SOLUTIONS**

**[www.hearingcaresolutions.com](http://www.hearingcaresolutions.com)**

**866-344-7756**

Health Net members can get free annual hearing exams. You also get discounts on hearing aids. All hearing aids include:

- Choice of up to nine major manufacturers.
- Fixed discounted pricing at multiple technology levels.
- 60-day evaluation period.
- Three-year warranty (includes coverage for repair, loss and damage).
- Two-year battery supply (up to 128 cells per ear, included with purchase of non-rechargeable hearing aids only).
- Follow-up care for one year with the original fitting provider.

For more information or to make an appointment, call Monday through Friday, 5 a.m. to 5 p.m., Pacific time. Or, visit the Hearing Care Solutions website.



## Weight management

### WEIGHTWATCHERS

**[WW.com/us/healthnet](http://WW.com/us/healthnet)**

Health Net partnered with WeightWatchers to help you reach your weight loss and wellness goals.

- The WW program allows you to lose weight while eating the foods you love, and guides you towards eating healthier, moving more, and developing a positive mindset.
- Health Net Medicare Plan Members get an exclusive discount. Please use the phone number on your Health Net ID card to contact Customer Service to receive your discount.
- For more information, visit **[WW.com/us/healthnet](http://WW.com/us/healthnet)**
- Already a WW member? You can sync your current WW account to get this discount online or by contacting customer service at **866-204-2885**.



All programs are subject to change.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions.

Members have access to Healthy Discounts through current enrollment with Health Net of California, Inc. (Health Net). Healthy Discounts is not part of Health Net's commercial medical benefit plans. They are not affiliated with Health Net's provider network, and they may be revised or withdrawn without notice. Healthy Discounts is not intended to take the place of any covered benefits and is offered to the member in addition to, rather than instead of, covered benefits. This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. All programs are subject to change. Health Net Healthy Discounts offers discounts on health products and reduced-fee health services. Healthy Discounts providers are independent businesses. Members purchase services and/or supplies directly from these providers. Questions regarding the Healthy Discounts program should be directed to Health Net's Member Services Department. Questions regarding a Healthy Discounts provider should be directed to that provider.

Price and availability: Discounts for Healthy Discounts products are based on the providers' regular retail prices and usual charges. Providers' prices and charges are subject to change without notice. All discounted products and services are subject to availability. Some restrictions may apply. Liability: Health Net makes no endorsements or warranties on any of the products or services offered through the Healthy Discounts program and assumes no liability for such.

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