

# Decision Power® Healthy Discounts





# Decision Power<sup>®</sup>

## How It Works

At Health Net, we believe good health is more than the absence of illness. Our Decision Power 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 Decision Power Support Program 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:** Decision Power nurses are 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<sup>®</sup> 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. Decision Power helps you become an active partner in decision-making about your health and the health of your family. You can access Decision Power 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 Decision Power 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.



## Decision Power

### 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 Decision Power 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**

Discounts on eye exams, frames and lenses at more than 26,000 locations, including JCPenney Optical, LensCrafters, Target Optical, and most Sears Optical and Pearle Vision locations.

- \$5 off contact lens exam and \$5 off routine eye exam
- 15% off retail price for conventional contact lenses
- 35% off retail price of any available frame at provider location<sup>1</sup>
- \$50 single, \$70 bifocal, \$105 trifocal plastic lenses<sup>1</sup>



## LASIK or PRK surgery

### **EYEMED VISION CARE**

Health Net members receive a 15% discount on retail laser vision correction (LASIK) or 5% off the promotional price. For locations, contact EyeMed at **1-866-392-6058 (TTY: 711)**, Monday through Saturday from 4:30 a.m. to 8:00 p.m. and Sunday from 8:00 a.m. to 5:00 p.m. PT. Or go to [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) to find a convenient location. Visit [www.eyemedvisioncare.com/healthnet](http://www.eyemedvisioncare.com/healthnet) to view Health Net discount program information. Bring the group number and your Health Net ID card to an authorized provider to receive the discount.

<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.



## Fitness facility discounts

### **ACTIVE&FIT DIRECT™**

Through the Active&Fit Direct program, you have access to a national network of fitness centers for just \$25 a month (plus a one-time \$25 enrollment fee). There is a 2-month commitment.

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.



The ChooseHealthy program ("CHP") provides access to the Active&Fit Direct program ("ADP"), which provides discounted access to fitness centers and YMCAs. The CHP does not make payments directly to those participating providers or to the ADP. The ADP is provided by American Specialty Health Fitness, Inc. (ASHF), a subsidiary of ASH. Fitness center/exercise studio participation varies by location and is subject to change. Digital workout videos are subject to change. ASHF reserves the right to discontinue or modify any aspect of the ADP (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), and/or the Introductory Period) at any time. If we modify a fee, make a material change to, or discontinue the ADP, we will provide you with no less than 30 days' notice prior to the effective date of the change.



For more information:  
[www.hearingcare  
solutions.com](http://www.hearingcare<br/>solutions.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](http://NationsHearing.com/healthnet).

NationsHearing discount program offers:

- Yearly hearing test at no extra cost
- Hearing aids from all major brands
- Set discount prices with hearing aids starting at \$681
- Low pricing and a 60-day, 100% money-back guarantee
- Three-year repair warranty
- Three years of batteries included
- One-time replacement plan for lost, stolen or damaged hearing aids
- 12- and 18-month financing options with 0% APR, no money down
- Concierge services

Call NationsHearing to make an appointment for a no-cost hearing exam

### **HEARING CARE SOLUTIONS**

Health Net members and their families receive free hearing exams and discounts on hearing aids. All hearing aids include unlimited follow-up visits for one year with the original provider of service.

Call Hearing Care Solutions for details and to make an appointment at **1-866-344-7756**, Monday through Friday from 5:00 a.m. to 5:00 p.m. PT.



## 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**.

### JENNY CRAIG

**Offer:** Get \$200 in Food Savings\*

**Disclaimer:** \* Food savings redeemed as 8 consecutive weeks of \$25 US food credits with full planned menu purchase (avg. \$200 US/\$200 CAD) each week. Prices subject to change. Active program enrollment and eligibility status required. Valid only for new members. Valid at participating centers. Not valid at [jennycraig.com](http://jennycraig.com). No cash value.

Get started today by visiting [www.jennycraig.com/healthnet](http://www.jennycraig.com/healthnet), or call **1-877-Jenny70**.



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.

Decision Power Healthy Discounts offers discounts on health products and reduced-fee health services. Decision Power Healthy Discounts is not part of your Health Net benefit program, 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. It is made available to specified Health Net members at no additional cost as part of Health Net's Wellness Program. Decision Power Healthy Discounts providers are independent businesses. Members purchase services and/or supplies directly from these providers. Questions or complaints regarding the Decision Power Healthy Discounts program should be directed to Health Net's Customer Contact Center. Questions or complaints regarding a Decision Power Healthy Discounts provider should be directed to that provider.

Price and availability: Discounts for Decision Power Healthy Discounts products are based on the providers' regular retail prices. Discounts on Decision Power Healthy Discounts services are based on the providers' 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 Decision Power Healthy Discounts program and assumes no liability for such.

You have access to Decision Power through current enrollment with Health Net of California, Inc. or Health Net Life Insurance Company (Health Net). Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees.

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