

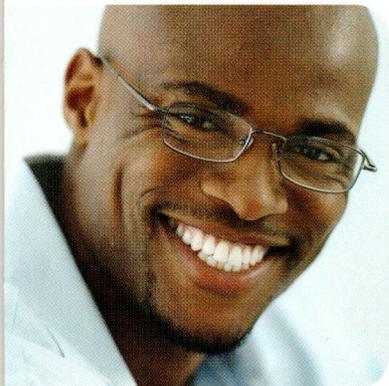
YOUR MEMBER SavingsSM

Discover big discounts on your path to wellness.

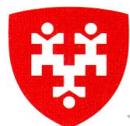
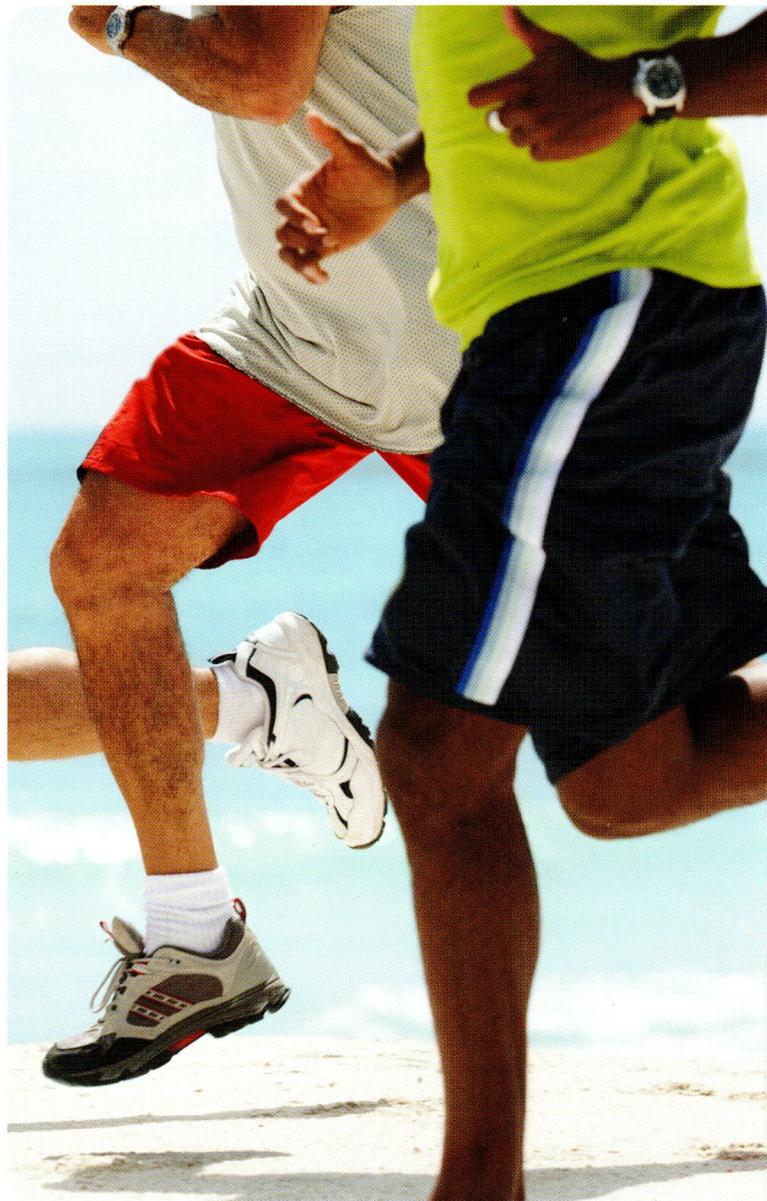


Up to
\$150
Fitness
Reimbursement
DETAILS INSIDE

**Free
Eyewear
Program**
DETAILS INSIDE



10-30%
OFF
Complementary
and Alternative
Medicine
DETAILS INSIDE



Harvard Pilgrim
Health Care

Free eyewear program with Visionworks (formerly called Cambridge Eye Doctors and Vision World)

Have your routine eye exam¹ at participating Visionworks in Massachusetts, Rhode Island and New Hampshire, and get a free pair of prescription eyeglasses from a select store collection. Just show your Harvard Pilgrim ID card upon arrival for your appointment. You must choose and order your free eyewear on the day of your exam.

With a covered eye exam, you get FREE:

- Frames from the SightCare Silver Collection
- Single vision, non-coated plastic lenses (or single vision polycarbonate lenses for children ages 14 and under)

If you want to upgrade your frames and lenses, you'll still receive great savings:

- 40% off frames at Visionworks, excluding the SightCare Collection
- 25% off non-prescription sunglasses (excluding certain brands), optical accessories and solutions

More eyewear savings

Save big at many popular locations²

Purchase a complete pair of glasses and get 35% off frames, plus additional discounts on lenses and lens options.³

And save 20% on any frame or lens options purchased separately, or on any optical accessory. Locations include:

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

You can also get 40% off frames at Harvard Vanguard Medical Associates and a 20% discount on prescription sunglasses.

Get more savings at many independent eyewear providers

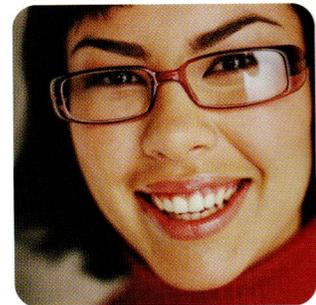
To learn more about these savings, visit www.harvardpilgrim.org/savings or call us at one of the numbers listed on the back cover.

¹ Free eyewear program is available only at select participating locations in Massachusetts, Rhode Island and New Hampshire. Offer subject to restrictions; limited to one free pair of eyeglasses per member per year.

² Participating eyewear providers offer special savings on items such as eyeglasses and contact lenses. Not all are contracted with Harvard Pilgrim to provide covered eye exams. Before making an appointment, refer to the most up-to-date listing of contracted eye exam providers online at www.harvardpilgrim.org/savings or call us at a number listed on the back.

³ Valid at participating locations only. Restrictions apply.

Coverage for routine eye exams varies according to your specific health plan design (e.g., copayments or coinsurance). Per the Patient Protection and Affordable Care Act, as of January 1, 2014, some small group and individual plans include coverage for some prescription eyewear. Please see your *Schedule of Benefits* and applicable Rider for details.

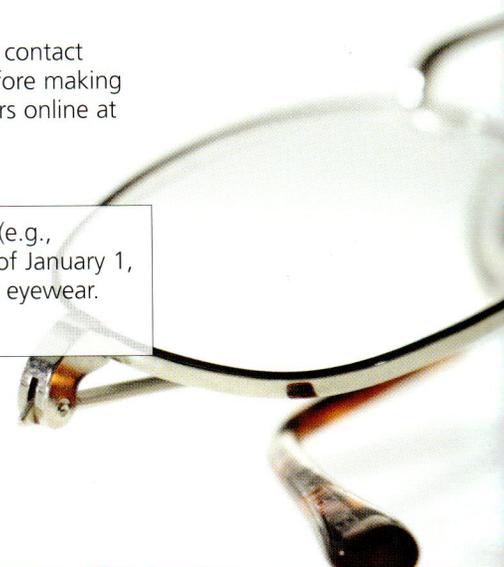


Wear contact lenses?
Great savings available
at many of our
eyewear partners.

Be sure to present
your Harvard Pilgrim
ID card along with
your valid written
vision prescription at
any of these locations.

→ Up to 25%
off laser vision
correction
procedures

Two great options to
save on laser vision
procedures, including
LASIK and Photorefractive
Keratectomy (PRK)!
Choose from more
than 20 facilities in
Massachusetts, Maine
and New Hampshire. Visit
www.harvardpilgrim.org
for savings for details.





Fitness pays!

Harvard Pilgrim members who belong to a qualified health and fitness club for four months can get up to \$150 back.⁴

How you're eligible

You're eligible for money back as long as your employer offers fitness reimbursement or you're enrolled in one of our Buy Direct plans. You can receive up to \$150 reimbursement when you're both a member of Harvard Pilgrim and any qualified health and fitness club⁵ for four months in the current calendar year. Don't wait to get fit. It pays!

Most health and fitness clubs qualify

If your health and fitness club is a full-service facility that offers cardiovascular and strength-training equipment and facilities for exercising and improving physical fitness, it likely qualifies. Most "traditional" health and fitness clubs, YMCAs and Jewish Community Centers (JCCs) fit into this category.

Facilities and/or programs that don't qualify for reimbursement include country or social clubs, spas, fees for trainers, gymnastics centers, martial arts studios, tennis, aerobic or pool-only facilities, as well as sports teams or leagues. Individual and group classes are not eligible for reimbursement.

Complementary and Alternative Medicine

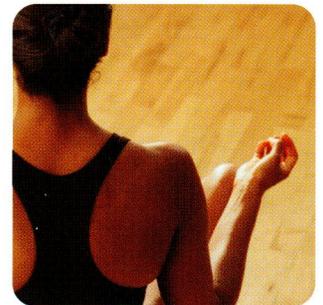
Take a balanced approach to wellness—and save!

Save up to 30%

Harvard Pilgrim members can save 10%-30% on a wide range of Complementary and Alternative Medicine services offered through our partnership with Healthways WholeHealth Networks. With more than 40,000 credentialed practitioners *nationwide*, Healthways manages one of the leading Complementary and Alternative Medicine networks in the country.

Choose from more than 30 Complementary and Alternative Medicine options, including:

- Acupuncture
- Chiropractic
- Massage and bodywork
- Chinese herbal medicine
- Naturopathic medicine
- Yoga and Pilates
- Tai chi and qigong
- And more



Visit www.harvardpilgrim.org/cam to learn more about Complementary and Alternative Medicine, and to find a practitioner in the network.

⁴ \$150 maximum reimbursement per Harvard Pilgrim policy in a calendar year (individual or family policy). Restrictions apply; reimbursement is not available to all members. Visit www.harvardpilgrim.org/savings or call us for details. (For tax information, consult with your employer.)

⁵ A full-service club is one that is open to the general public with multiple pieces of equipment designed for cardiac and strength training.

Per the Patient Protection and Affordable Care Act, as of January 1, 2014, some small group and individual plans include coverage for fitness reimbursement. Please see your *Benefit Handbook* and *Schedule of Benefits* for details.

More ways to save on your path to wellness

Nutrition programs

- **DASH for Health® Online Program**
 - 50% off a six-month subscription
- **Diet.com**
 - Save up to 35% off membership
- **iDiet in-person or online programs**
 - Save \$99 on community group rate
- **Jenny Craig®**
 - Free 30-day trial program⁶
 - 25% off a premium program
- **Weight Watchers®**
 - Registration fee waived at traditional meetings⁷
 - In Maine, registration fee is waived with purchase of monthly pass

Fitness and sports clubs

- **Select fitness network**
 - Special discounts at selected fitness clubs
- **Boston Ski & Sports Club**
 - Save 23% on membership
- **Appalachian Mountain Club (AMC)**
 - Save 20% on membership
- **Genavix Wellness Network**
 - Discounts on "90 Day Commit To Get Fit" program and comprehensive wellness assessment

Health and fitness magazine subscriptions

- Save up to **83% on magazine subscriptions**

New parent support

- **Safe Beginnings®**
 - 15% off merchandise
- **The Happiest Baby™**
 - 40% off selected CDs and DVDs

Complementary and Alternative Medicine

- **Up to 30% off** acupuncture, chiropractic⁸, yoga, tai chi, Chinese herbal medicine, naturopathic medicine and other services from participating practitioners and fitness centers
- **Mindful magazine**
 - 25% off subscription
- **Mindfulness course (UMass Medical School)**
 - 15% discount
- **RESPerATE Blood Pressure Machine**
 - \$50 rebate
- **Savings at Massage Envy** in MA, ME and NH

Athletic needs

Save 15% on athletic footwear at these fine specialty stores:

- **Marathon Sports**
- **Northampton Running Co.**
- **Runner's Alley**

Save 5% on exercise equipment and services

- **Workout Fitness Store**

Eldercare

- **Home Instead Senior Care**
 - \$100 credit at participating offices and free home safety inspection
- **SeniorAssist for caregivers**
 - \$500 off lifetime flat fee for services
- **My Vigorous Mind**
 - FREE trial and 10% off membership
- **CareScout**
 - 20% discount on the Eldercare Advocacy Program

Hearing aids

Save at the following locations:

- **HearPO**
- **Flynn Associates**
- **Speech-Language and Hearing Associates of Greater Boston, PC**

More ways to save!

- **My Notification Service**
 - 50% discount on membership
- **Newbury Hypnotherapy**
 - 35% off hypnosis services
- **Care.com**
 - 25% off membership
- **Green City Growers**
 - 15% off installation
- **Community health education programs**
 - Up to 25% off programs
- **MedMinder electronic pill dispensers**
 - 20% off membership fee
- **QuitSmart®**
 - 18% off smoking cessation programs
- **The Original Healing Threads™**
 - 15% off clothing
- **Sense-Able Autism Spectrum Disorder Products**
 - 15% discount on products
- **In Control Crash Program**
 - 15% discount for member and family
- **Support Plus™**
 - 10% off products
- **Personal Emergency Response System**
 - \$10% discount
- **New England Spas**
 - Save \$300 on hot tub or spa

Want all the details?

Visit www.harvardpilgrim.org/savings or call us at one of the numbers listed on the back cover. ➔

⁶ Food and, if applicable, shipping not included. Offer applies to initial membership fee only and is valid at participating U.S., Canada and Puerto Rico centres and through Jenny Craig At Home®.

⁷ Discount available at all Weight Watchers North America locations. Some locations are owned locally and may not honor this discount. Discount does not include Weight Watchers online programs.

⁸ Program does not replace or supplement coverage under your Harvard Pilgrim medical benefits plan. Some plans include chiropractic coverage, in which case the provider networks and office visit benefits differ. Once a member, consult with your plan administrator for information or call for details.

Per the Patient Protection and Affordable Care Act, as of January 1, 2014, some small group and individual plans include coverage for weight loss programs. Please see your *Benefit Handbook* and *Schedule of Benefits* for details.