

DISCOUNTS & savings

To help you and your family on your path to wellness

for
CONNECTICUT
members

Vision

- **Visionworks:** Save 40% on a complete pair of eyeglasses or 20% on frames and lenses purchased separately.¹
- **Vision discounts at popular locations:** Save 35% on frames when you buy a complete pair of glasses. Or save 20% on any frame or lens options purchased separately, or save 20% on other lens add-ons and services. Use discount code **9248683** at the time of purchase. Locations include: Target Optical, JC Penney Optical, Pearle Vision, Lenscrafters, Sears Optical, and other EyeMed access network optical providers.¹
- **Laser vision correction:** Save up to 45% on procedures from Davis Vision, QualSight LASIK and US Laser Network, with locations in CT, NH, MA and ME.

Hearing

- **Amplifon Hearing Health Care:** Save on hearing aids and hearing services, plus one year of follow-up services included with purchase. Locations nationwide.

Healthy Eating

- **DASH for Health™:** Save 50% on a six-month subscription for this online program to help improve eating and exercise habits.
- **iDiet:** Save 15% on the 12-week iDiet Engage program, developed by researchers at Tufts University.
- **Jenny Craig:** Free three-month trial membership (includes \$50 in food savings) or save 50% on eligible premium programs.²
- **Savor Health:** Save on fresh, nutritious and delicious meals for cancer patients and caregivers.

Dental

- **Universal Dental Plan:** Save up to 28% on Universal Dental Plan's membership fees, and 20-50% on all procedures from a network of participating dentists in CT, NH, MA and ME.³



Turn the page for
savings on more services 

¹ Valid at participating locations only. Restrictions apply.

² Cost of food and shipping not included. Active program enrollment and program eligibility status required. Food savings comprised of five \$10 coupons to be used with purchase of full planned menu. Offer valid at participating centers and Jenny Craig Anywhere. Not valid at jennycraig.com. New members only. No cash value. Not valid with any other offers or discounts. Each offer can be used separately, once per member. Restrictions apply. Visit Jenny Craig for details.

³ Universal Dental Plan is not dental insurance and does not meet minimum creditable coverage under applicable state law. The plan provides discounts at specific dental providers for dental services. The plan does not make payments directly to the providers of dental services. The plan member is obligated to pay for all dental care services but will receive a discount from those dental care providers who have contracted with the discount dental plan organization. The range of discounts will vary depending on the services provided.

These savings programs are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. All programs subject to change without advance notice.

Fitness

- **Appalachian Mountain Club:** Save 20% on individual and family memberships. Use your membership for all kinds of outdoor activities to keep you healthy and fit.
- **Boston Ski & Sports Club:** Save 23% on annual membership, with access to fun ways to stay active and healthy, such as playing sports, skiing, traveling and connecting with other enthusiasts in the region.

Holistic Wellness

- **Complementary and Alternative Medicine:** Save up to 30% on services offered through our partnership with Healthways WholeHealth Networks, including: acupuncture⁴, chiropractic⁴, tai chi, qigong, diet and supplement advisors, mind body therapies and more.
- **Hug Patrol:** Save 25% on any therapeutic, weighted products to help relieve stress, anxiety and other symptoms.
- **Mindful Magazine:** Save 25% on a regular subscription.
- **The Original Healing Threads by Spirited Sisters:** Save 15% on clothing for people with leg injuries or who are undergoing upper body rehabilitation.
- **10% Happier:** Get “The Basics” course for free. Subscribe to the rest of the program for \$9.99 per month and get your first month free for this online meditation program.

Quit Smoking

- **Craving to Quit:** Save 25% on this smartphone-based program to help you quit smoking.
- **QuitSmart:** Save 18% on this self-help quit program that offers hypnosis, medication recommendations and a patented simulated cigarette.

Family & Senior Care

- **Care.com:** Save up to 25% on a premium membership, with access to thousands of babysitters, nannies, senior caregivers, pet sitters, dog walkers, tutors, housekeepers and more.
- **CareScout Elder Advocacy Program:** Save 20% on this program and connect with trained care advocates to help your family assess needs and find adult day care, home health care services or facility care.
- **Home Instead Senior Care:** Get a one-time \$100 credit toward fees for services at participating offices and get a free home safety inspection at the start-up of services. Home Instead provides high quality, trusted home care to help seniors remain in their homes.
- **My Vigorous Mind:** Save up to 25% on memberships for this fun, web-based brain wellness software that helps train people’s cognitive skills.



> More details?

If you're an existing Harvard Pilgrim member, log in to your account at www.harvardpilgrim.org. If you're not currently a member, call (800) 848-9995. For TTY service, call 711.

⁴ Does not replace or supplement coverage under your Harvard Pilgrim medical benefits plan. Some plans include chiropractic and/or acupuncture coverage, in which case the provider networks and benefits differ. Consult your *Benefit Handbook* or call Member Services for details.

The perks of Harvard Pilgrim membership

Savings opportunities, special programs and more to support members' wallets and well-being



Doctor On Demand Telemedicine Services

The convenience of real-time virtual visits with a doctor for minor urgent care, available via smartphone, tablet or computer. No referral required.

[Learn more](#)



Up to \$150 Fitness Reimbursement¹

Members can receive reimbursement of up to \$150 for membership at qualifying fitness clubs, plus yoga, Pilates, Zumba, aerobic/group classes, indoor cycling/spinning classes, kickboxing, CrossFit, strength training, tennis and indoor rock climbing.

[Learn more](#)



Additional Member Discounts & Savings²

- Eyeglasses at popular locations
- Laser vision correction
- Hearing aids and services
- Diet and exercise programs
- Dental plans
- Smoking cessation aids
- Child and senior care
- Complementary and alternative medicine resources, including acupuncture³, chiropractic³, tai chi, qigong, diet and supplement advisors, mind body therapies and more. Just show your Harvard Pilgrim ID card at the time of your visit. Discounts vary, so be sure to check with each individual practitioner or wellness center before you receive services.

[Learn more](#)

¹ There is a \$150 maximum reimbursement per Harvard Pilgrim policy in a calendar year per individual or family contract. Must be currently enrolled in Harvard Pilgrim at the time of reimbursement. Some restrictions apply. For tax information, consult your tax advisor.

² These savings programs are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. Restrictions may apply. All programs subject to change without advance notice.

³ This program is not related to your Harvard Pilgrim medical benefits. Some Harvard Pilgrim plan designs include acupuncture coverage and chiropractic coverage, in which case the provider networks and office visit benefits differ. Refer to My Plan Documents for more information.



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.