

Don't let excess pounds weigh you down

# Lose Weight, Feel Great with Health Net



Health Net can help you address the three keys to successful weight loss: mind, body, and food. Health Net offers the following programs so that you can achieve your weight loss goals and obtain optimal health. These Well Rewards discounts on products and services are not covered under your medical benefit plan, but are additional discounts and services we are pleased to offer to our members.

## Weight Watchers®

Weight Watchers offers you healthy sustainable ways to lose weight. You choose when and where it's convenient for you.

- Weight Watchers Local Meeting vouchers: 12 weeks of Weight Watchers meetings available for Health Net members at \$105.12\*
- Weight Watchers At-Home kit: Available to you for just \$124.90, including shipping & handling\*
- Weight Watchers Online subscription: As a Health Net member, you can save on a yearly subscription or sign up at \$10 off for the 3-month plan

\* Available only in participating areas in the United States.

Visit [www.healthnet.com](http://www.healthnet.com), *It's Your Life-Wellsite*, and then *Well Rewards* or call 1-866-896-2655 for more information.

## Jenny Craig®

Jenny Craig offers you an array of weight loss programs that fits your lifestyle and promotes a balanced and sensible approach to weight loss.

- Free 30-day trial membership with weekly consultation
- 50 percent discount on six-month On-Track Gold membership or one-year Platinum Program
- Discounts exclude the cost of food

Go to [www.healthnet.com](http://www.healthnet.com), *It's Your Life-Wellsite*, and then *Well Rewards* to print discount coupon and to obtain location information. Call 1-800-JENNY20 (24/7) for more information and center locations.

## Yoga Journal

Yoga can be an effective component to your weight loss goals. Health Net members can subscribe to Yoga Journal for just \$14.00 for seven issues.

To subscribe at the Health Net rate, visit [www.healthnet.com](http://www.healthnet.com), *It's Your Life-Wellsite*, and then *Well Rewards* or call 1-800-873-8807.

## WellQuest Fitness Facilities

Start sweating the pounds away with the extensive WellQuest network of leading fitness facilities, including some Gold's Gyms, World Gyms, Crunch Fitness Centers, and more. WellQuest evaluates each health club to provide its members with a safe and professional exercise environment.

- Up to 30 percent discount on regular monthly fees at any one of the extensive WellQuest network of leading fitness facilities
- One-time enrollment fee of \$49 per individual/\$29 for each additional family member
- Enrollees can access free online diet and nutrition programs

For more information, call 1-800-595-8448, 9:00 a.m. – 5:00 p.m., Monday – Friday.

**Want an on-line personalized weight management program you can take anytime, anywhere?**

## Balance™ Weight Management and Physical Activity Program and Nourish™ Nutrition Program

Successful weight management is more than cutting calories and exercising. It's also about your emotions and your lifestyle and learning what works for you. Balance is designed by health experts who know how to help you succeed with your weight loss goals.

Support your success with a new view on healthy eating. Nourish is all about variety and making smart, satisfying food choices. Learn how to determine portion sizes, calories, and fat grams. Nourish keeps your nutrition plan exciting and fun.

Your personalized programs are just a click away. Log in to [www.healthnet.com](http://www.healthnet.com), *It's Your Life-Wellsite*, *Wellness Programs*, and then *Balance and/or Nourish*.



## TERMS AND CONDITIONS

**Important Notice:** The products, services and information described here are neither offered nor guaranteed by Health Net, but are made available to enrollees of Health Net plans. The products, services and information available are not part of your medical benefits plan. These vendors are not credentialed by Health Net; they are solely responsible for the products, services and/or information provided to Health Net enrollees. All questions or disputes regarding these vendors shall be resolved by the vendor. An enrollee's complaint relating to these vendors shall be resolved by calling Health Net's Customer Contact Center at the number on the member's Health Net ID card.

**Term:** The time period in which Health Net enrollees may seek these products, services and information is limited to the period in which their Health Net coverage is in effect. The ability to seek these products, services and information terminates upon the date that Health Net coverage terminates.

**Health Net's right to terminate or amend these offers:** Health Net reserves the right to terminate, limit, restrict or modify in any manner these offers and/or their terms and conditions and/or any products, services and/or information at any time without notice at its sole discretion. Vendors, products, services, information, prices and discounts set out in this flyer are accurate as of the date of its printing. The enrollee should always contact the specific vendor to confirm current price, discount, reduced fee or other arrangement prior to accessing the vendor's product or service.

**Offerings are not a covered benefit:** These offerings are not a benefit program of Health Net, and the products, services and information available on this flyer are not part of the enrollee's Health Net medical benefits coverage. Enrollees should consult their plan documents for benefit information. Health Net arranges for enrollees to have access to discounts or reduced fees on certain services and products, and access to certain information. These vendors are not owned by Health Net or affiliated with Health Net. The products, services and information offered by the vendors must be directly accessed and/or purchased by the Health Net enrollee. The Health Net enrollee is solely obligated to pay the vendor for the services or products accessed.

**Non-endorsement and no liability of Health Net:** These discounts and programs are not an endorsement or warranty of any products, services, information or vendors. Similarly, the vendors do not endorse any of the Health Net health plans. Health Net assumes no liability for products, services, information or vendors.

**Prohibited use of the discounts or programs by non-enrollee:** Non-enrollees are prohibited from misrepresenting themselves as Health Net enrollees in order to access the discounts and reduced fees exclusively intended for Health Net enrollees. Prohibited activities by non-enrollees include use of the program and its discounts, delivery instructions, product returns, order cancellation, product set-up or installations, product warranties and product liability.

**Enrollee's responsibilities:** Enrollees who seek products or services listed on this flyer are solely responsible for payment and shall comply with the terms and conditions described in Program Terms and Conditions and Merchant Disclaimer. Members who make purchases from vendors on this flyer are responsible for communicating with the vendors about orders, order status, delivery instructions, product returns, order cancellation, product set-up or installations, product warranties and product liability. If an enrollee wishes to cancel an order or request a refund, it is the enrollee's responsibility to do so by contacting the vendor directly. State and local taxes are the sole responsibility of the enrollee. Enrollees must identify themselves as a Health Net enrollee and/or present their Health Net ID card in order to receive products or services listed on this flyer.

**Price and availability:** Vendor discounts listed on this flyer are based on the vendors' usual and customary charges. Retailers' discounts listed in this flyer are based on manufacturers' suggested retail prices. Prices, discounts and reduced fees are subject to change without notice. All discounted products and services are subject to availability. Certain restrictions may apply.

**No medical advice:** The health-related information in this flyer is not intended to be a substitute for professional medical advice or for the care that patients receive from their physicians. Always seek the advice of your physician before beginning any new treatment, or if you have any questions regarding a medical condition.

### **Health Net of the Northeast, Inc.**

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A Better Decision