

# Decision Power<sup>®</sup>

*Healthy Discounts*



**Jesus Hao,**  
**Health Net**  
*We keep members  
informed.*



**Health Net<sup>®</sup>**  
LIFE INSURANCE COMPANY

# 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 on to [www.healthnet.com](http://www.healthnet.com) and click on *Decision Power Health & Wellness > Member Discounts* to learn more about these discounts and how to access them.

Your health,  
your time,  
your choice.  
Decision Power helps you to 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.

### *Complementary 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 ChooseHealthy,<sup>®</sup> a product of American Specialty Health Systems, Inc., a subsidiary of American Specialty Health

Incorporated, you can receive a 25% discount on the usual and customary fees from a contracted acupuncturist.

For a listing of participating acupuncturists, visit [ChooseHealthy.com](http://ChooseHealthy.com) or call 1-877-335-2746 between 5:00 a.m. and 6:00 p.m. Pacific time (PT), Monday through Friday. Then call the provider you choose and schedule an appointment. At your office visit, show your Health Net ID card and pay the provider.

The "usual and customary" charge is pre-set 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.

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

For a listing of participating chiropractors, visit ChooseHealthy.com or call 1-877-335-2746 between 5:00 a.m. and 6:00 p.m. PT, Monday through Friday. Then call the provider you choose and schedule an appointment. At your office visit, show your Health Net ID card and pay the provider.

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

For a listing of participating massage therapists, visit ChooseHealthy.com or call 1-877-335-2746 between 5:00 a.m. and 6:00 p.m. PT, Monday through Friday. Then call the provider you choose and schedule an appointment. At your office visit, show your Health Net ID card and pay the provider.

## *Eye care*

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

### **EyeMed Vision Care**

Discounts on eye exams, frames and lenses at more than 20,000 locations, including JCPenney® Optical, LensCrafters®, Target Optical® and most Sears Optical<sup>SM</sup> 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>



<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.

## *LASIK or PRK surgery*

### **EyeMed Vision Care**

Health Net members receive a 15% discount on retail Laser Vision Correction or 5% off the promotional price. For locations, contact EyeMed at 1-866-559-5252 (TTY 711), Monday through Saturday, 5:00 a.m. to 8:00 p.m.; Sunday, 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.

### **TruVision™**

Laser Vision Correction (LASIK) as low as \$895 per eye. Health Net members can save 10% on usual and customary pricing and 5% on promotional pricing. Also, members can take advantage of up to a 50% discount on contact lenses. To order, call 1-877-929-2020 (Monday through Friday, 6:00 a.m. to 6:00 p.m.) or visit [www.truvision.com](http://www.truvision.com).

## *Fitness club discounts*

### **ChooseHealthy®**



Through ChooseHealthy®, you have access to a national network of fitness clubs and exercise centers that offer a minimum 10% discount off initiation and/or monthly dues. Rates vary according

to the size, location, facility, and programs offered. All clubs meet industry-specific clinical and safety standards.

To search for a fitness facility in your area, you may call 1-877-335-2746 between 5:00 a.m. and 6:00 p.m. PT, Monday through Friday.

## *Health products and online resources*

### **ChooseHealthy® store**

Through the ChooseHealthy® store, you can buy vitamins, minerals, and herbal supplements at a discount – up to 40% off the suggested retail price. Health Net members receive free standard shipping on most orders. To order, visit [ChooseHealthy.com](http://ChooseHealthy.com).

### **Safe Beginnings® program**

Members can save 15%<sup>2</sup> on Safe Beginnings products. Choose from the largest selection of safety gates, cabinet locks, outlet covers, window guards, fire escape ladders, carbon monoxide detectors and first-aid items. Specialty baby and toddler items such as a one-of-a-kind folding car seat, a European feeding chair and an infant-safe playmat are also offered. To order, visit [www.safebeginnings.com](http://www.safebeginnings.com) or call 1-800-598-8911 (Monday through Thursday, 8:00 a.m. to 7:00 p.m. and Friday, 8:00 to 5:00 p.m. Eastern time) and be sure to mention that you are a Health Net member. Use code: HNW.

<sup>2</sup>Any exclusions that apply are noted along with the product information. Not valid in conjunction with any other discount or promotion. Not valid on prior purchases.

## *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, 8:30 a.m. to 5:00 p.m. PT, Monday through Friday, or log on to [www.accentcare.com](http://www.accentcare.com).

## *Hearing aids and screenings*

### **Newport Audiology Centers**

Health Net members age 10 and older may receive a complete hearing evaluation for \$30 and a 30% discount on Newport's standard prices for hearing aids. Plus, members who purchase a hearing device receive at no charge a 2-year warranty (including loss and damage coverage), 1 year of batteries (up to 48 cells) per aid purchased, unlimited counseling follow-up visits and more. For more information, call 1-800-675-5485 (Monday through Friday, 6:30 a.m. to 5 p.m.) or visit [www.newaud.com/healthnet](http://www.newaud.com/healthnet).

### **Beltone™ Hearing Centers**

Health Net members and their immediate family members (grandparents, parents, spouse and children) receive a free hearing

screening, a 25% retail discount on the purchase price of any Beltone® hearing aids and a free second year warranty at participating Beltone Hearing Centers. For more information, call 1-800-BELTONE (1-800-235-8663) or go to [www.beltone.com](http://www.beltone.com).

## *Weight management*

**Weight Watchers®** offers three weight loss solutions:

### **1. Weight Watchers Monthly Pass**

combines the Meeting Voucher and Online support. Free registration and \$39.95 a month, with a 50% discount for the first month. Easy automatic renewal payment each month. Unlimited meetings each month (members can attend as many meetings as they like). Free eTools – an internet weight loss companion that helps members stay on track between meetings.

### **2. Weight Watchers Local Meeting Vouchers<sup>3</sup>**

Local meeting vouchers are a prepaid savings plan that offers the flexibility of attending Weight Watchers meetings in your community when and where it suits you best. Members receive the special value for a 13-week series.



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.

<sup>3</sup>Local Meeting Voucher discounts vary with region.



### 3. Weight Watchers Online

#### Subscription

With an online subscription, you can follow our plan step by step online with interactive tools and resources like a weight tracker, progress charts, restaurant guides, and hundreds of recipes and meal ideas. The online subscription is customized for men and women.

The special value prices are:

- 3-month subscription \$55.00  
(a savings of \$10.00)
- 12-month subscription \$166.70  
(a savings of \$50.85)

For more information, call 1-866-896-2655 (TTY 711) or visit [www.weightwatchers.com](http://www.weightwatchers.com).

**Note:** To receive a discount on any of the three options outlined above, individuals must be active Health Net members.

### Jenny Craig®

Health Net members can join Jenny and receive a free 30-Day Program<sup>4</sup> and 25% off a Premium Program.<sup>4</sup>

Visit [www.jennycraig.com/corporatechannel/healthnet.aspx](http://www.jennycraig.com/corporatechannel/healthnet.aspx) to complete the online form and print your special offer coupon.

Then call 1-877-Jenny70 to find the nearest location or to enroll in the Jenny At Home program. Or, if you do not have Internet access, call 1-866-795-0342 (TTY 711), and a representative will help you enroll. Be sure to inform the representative that you are a Health Net member to receive your special offers.

<sup>4</sup>Plus the cost of food. Plus the cost of shipping, if applicable. Restrictions apply.

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 and 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 your current enrollment with any of the following Health Net companies: Health Net of California, Inc.; Health Net Life Insurance Company.

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