

Decision Power[®]

Healthy Discounts



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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 and click on *Wellness Center > Member Discounts* to learn more about these discounts and how to access them.

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.

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 runs all day, every day. 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.
- What to do for a sick child.
- 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 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[®] program, a product of American Specialty Health Administrators, Inc., a subsidiary 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.

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

Please note that this program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The discount program provides for discount specialty health care services from participating practitioners. You are obligated to pay for all health care services but will receive a discount from those health care practitioners who have contracted with the discount program. The discount program does not make payments directly to the participating practitioners in the discount program. The discount program has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered.

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.

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 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 location¹
- \$50 single, \$70 bifocal, \$105 trifocal plastic lenses¹

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 to find a convenient location. Visit 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.

¹The 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



ChooseHealthy

Through the ChooseHealthy program, you have access to a national network of fitness facilities and exercise centers that offer a minimum 10% discount on initiation and/or monthly dues. Rates vary according to the size, location, facility, and programs offered. All facilities meet industry-specific clinical and safety standards.

To help you find the right fitness facility, you may take advantage of one free trial certificate at each fitness facility of your choice. Click [here](#) to search for a fitness facility in your area and to print out a free trial certificate. You may also call 1-877-335-2746, Monday through Friday from 5:00 a.m. to 6:00 p.m. PT.

Health products and online resources

E-Store

Through the e-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 the e-store at ChooseHealthy.com.

Safe Beginnings® program

Members can save 15%² 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 bed rails and infant-safe playmats are also offered. To order, visit www.safebeginnings.com, or call 1-800-598-8911, Monday through Thursday from 9:00 a.m. to 3:00 p.m., and Friday from 9:00 a.m. to 4:00 p.m. Eastern time (ET). Be sure to mention that you are a Health Net member. Use code: HNW.

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.

²Discount cannot be used for installed products or services and cannot be combined with any other discount or special offer. Discount is not valid for prior purchases. Some items may be excluded from a discount due to manufacturers' restrictions.

Safe Beginnings is a registered trademark of Safe Beginnings, Inc.



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.

Hearing aids and screenings

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.

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 Vouchers³

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.

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
- 12-month subscription \$166.70

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

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

³Local Meeting Voucher discounts vary with region.

Jenny Craig

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

Visit 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.

⁴Plus 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, 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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