

2012 Decision Power[®]

Healthy Discounts

Arizona



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Health Net

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Decision Power[®]

How it Works

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.

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** and click on *Decision Power Health & Wellness > Member Discounts* to learn more about these discounts and how to access them.

The products and services described below are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Health Net grievance process.

Complementary care

Acupuncture

Through ChooseHealthy,[®] a product of American Specialty Health Systems, Inc., an affiliate of ASH Networks and

a subsidiary of American Specialty Health Incorporated, you can receive discounts off the usual and customary fees from a contracted ASH Networks acupuncturist.

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.

Please refer to your Health Net Evidence of Coverage (EOC) for more information.

Chiropractic

Through ChooseHealthy, you can receive discounts off the usual and customary fees from a contracted ASH Networks chiropractor. If you already have chiropractic benefits through your Health Net plan, you can always take advantage of Decision Power Healthy Discounts chiropractic services after you reach your annual limit for services.

Massage therapy

Through ChooseHealthy, you can receive discounts off the usual and customary fees from a contracted ASH Networks massage therapist.

For a listing of participating providers, visit www.ChooseHealthy.com or call 1-877-335-2746 (TTY 711) between 5:00 a.m. and 6:00 p.m. Pacific Standard Time (PST), 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.

Emergency medical information services

MedicAlert® Foundation

Health Net members can now receive a substantial one-year and three-year MedicAlert® membership savings. In the event of an emergency, first responders worldwide will know to call MedicAlert to retrieve important personal health information. For persons with existing medical

conditions, this greatly reduces the chance of medical errors, allergic reactions, and medication interactions. With family notification services, your loved ones will be contacted so you are not alone in a time of a crisis. Unlimited updates and a complete printout of your health history are also available. Health Net members pay \$24.95 for the first year of MedicAlert membership (savings of nearly 40%), or \$89.95 for a 3-year membership. For more information or to enroll, call 1-800-432-5378 (TTY 711), Monday through Friday, 6:00 a.m. to 5:00 p.m., and Saturday, 8:00 a.m. to 5:00 p.m. PST, or visit www.medicalert.org/healthnet. When signing up for services, mention promotional code 5605 to redeem the discount.

Eye care

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

EyeMasters

Annual routine eye exams are provided at a 20% discount. Contact lenses are offered at a 20% discount for traditional lenses, 10% on disposable contact lenses and 20% on contact lens fit and follow-up. Members can receive a 35% discount on basic standard lenses or 35% on select frames.



If you have questions regarding this discount plan, simply dial 1-800-340-0129 (TTY 711), Monday through Friday, 8:00 a.m. to 7:00 p.m., and Saturday, 10:00 a.m. to 3:00 p.m. Central Time (CT), or visit www.ecca.com to find the location nearest you.

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 OpticalSM 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
- 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., and Sunday, 8:00 a.m. to 5:00 p.m. PST. Or go to www.eyemedvisioncare.com to find a convenient location. Visit <https://www.eyemedvisioncare.com/healthnet> to view Health Net discount program information.

Bring the group number and your Health Net ID card to a participating provider to receive the discount.

LASIK or PRK surgery

Barnet Dulaney Perkins Eye Center

Members receive a 15% discount on billed charges for LASIK surgery with VISX and Wavelight laser. Call 1-800-966-7000 (TTY 711), Monday through Friday, 7:30 a.m. to 5:00 p.m. Mountain Time (MT), or visit www.goodeyes.com for more information or a listing of providers.

EyeMed Vision Care

EyeMed Vision Care Members receive a 15% discount on retail Laser Vision Correction or 5% off the promotional price. You can access your discount by calling 1-877-5LASER6, Monday through Friday, 8:00 a.m. to 8:00 p.m., and Saturday, 9:00 a.m. to 5:00 p.m. Eastern Time (ET), or visit www.eyemedlasik.com for more details.

TLC Laser Eye Centers

Receive a complimentary evaluation for LASIK candidates and comprehensive pre-surgical testing. Candidates also save 10% off usual and customary procedure fees or 5% off promotional pricing. For more information, go to www.tlcvision.com.

¹The discount is available only when a complete pair of glasses is purchased. Items purchased separately will be discounted 20% off the retail price.

TruVision™

Laser Vision Correction (LASIK) as low as \$895 per eye. Health Net members can save 10% off usual and customary pricing and 5% off promotional pricing. Also, members can take advantage of up to a 50% discount on contact lenses. To order, call 1-877-929-2020 (TTY 711), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET, or visit www.truvision.com.

Fitness club discounts

ChooseHealthy



Through ChooseHealthy, a product of American Specialty Health Systems, Inc., an affiliate of ASH Networks and

a subsidiary of American Specialty Health Incorporated, you have access to a national network of fitness clubs 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 help you find the right fitness club, you may take advantage of a one-week free trial certificate at each club of your choice. If you are accessing an exercise center that charges by the session, you are entitled to one free introductory session. (Certificates may not be combined at the same club.) Visit www.ChooseHealthy.com for a fitness club in your area and to print out a one-week introductory

certificate. You may also call 1-877-335-2746 (TTY 711) between 5:00 a.m. and 6:00 p.m. PST, Monday through Friday.

Health products and online resources

ChooseHealthy

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 www.ChooseHealthy.com.

Healthy Living books, magazines and videos

Backpacker

Subscribe now and get one year (9 issues) of *Backpacker* for just \$14.00! That's a savings of 69% off the cover price!

FREE GIFT! As a Health Net member, you will also receive, FREE with your subscription order, the *Classic Trails* digital booklet! Offer valid for U. S. subscribers and Health Net members only. Go to www.backpacker.com/healthnet.

Vegetarian Times

Subscribe now and get 1 year (9 issues) of *Vegetarian Times* for just \$9.99! That's a savings of 80% off the cover price!

Go to www.vegetariantimes.com/healthnet.



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.

Yoga Journal

Health Net members can be guided to more healthful living by subscribing to *Yoga Journal* for just \$14 for 9 issues. This is a great savings at 69% off the cover price. To subscribe at the Health Net rate, call 1-800-873-8807 (TTY 711). Members can also receive 15% off *Yoga Journal* DVDs and books by calling 1-800-436-9642 (TTY 711).

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 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 or call 1-800-598-8911 (TTY 711), Monday through Thursday, 8:00 a.m. to 7:00 p.m., and Friday, 8:00 a.m. to 5:00 p.m. ET, and be sure to mention you are a Health Net member or 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 (TTY 711), 8:30 a.m. to 5:00 p.m., Monday through Friday, or log on to www.accentcare.com.

Hearing aids and screenings

Arizona HearCare Network

Health Net members receive a diagnostic audiological hearing evaluation for \$25 and a 20% discount from our usual and customary price for hearing aids. Also, members receive a free hearing aid evaluation and a 15% discount on hearing aid repairs. For a listing of providers, call 1-800-532-3331 (TTY 711), Monday through Thursday, 8:00 a.m. to 4:30 p.m. MT, or visit www.arizonahearcare.com.

²Any 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. Safe Beginnings is a registered trademark of Safe Beginnings, Inc.

Newport Audiology Centers

Newport Audiology Centers provide a free hearing exam for Medicare-eligible members. Health Net members age 10 to 64 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 information, call 1-800-675-5485 (TTY 711), Monday through Friday, 6:30 a.m. to 5:00 p.m., or go to 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 off 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) (TTY 711), Monday through Friday, 8:00 a.m. to 5:00 p.m. CT, or go to www.beltone.com.

Weight management

Weight Watchers®

Weight Watchers offers three weight loss solutions:

1. Weight Watchers Monthly Pass³

Combines the Meeting Voucher with 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 –internet weight loss companion that helps members stay on track between meetings.

2. Weight Watchers Local Meeting Vouchers

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 the Weight Watchers 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.

³Available in participating areas only.

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.

Note: You must be a Health Net
member to access all three solutions.

Jenny Craig®

Health Net members can join
Jenny Craig and receive a free
30-Day Trial Program⁴ and 25%
off a Premium Program⁴.
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 Craig At Home program. Or, if
you do not have internet access, call
1-866-795-0342, 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 (TTY 711).

⁴Food and, if applicable, shipping not included.

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.

Weight Watchers is the registered trademark of Weight Watchers International, Inc. and is used under license. ChooseHealthy is a federally registered trademark of American Specialty Health Incorporated and used with permission herein.

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. Provider's 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 Health Net of Arizona, Inc.

Decision Power is part of Health Net's Medicare Advantage benefit plans. But, it is not affiliated with Health Net's provider network. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

Health Net. A Medicare Advantage organization with a Medicare contract.

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