

a healthy balance

Reap the Rewards of a Healthier Life

Every magazine you read, every talk show you watch will be telling you something about your health – how it's at risk and how you can improve it. But how can you afford to take advantage of some of the latest and greatest health improvement products and make some of them a regular part of your health regimen? That's the idea behind Healthy Rewards®.

The Healthy Rewards program saves you money by providing discounts whenever you use participating providers*.

No referrals, no claim forms, no catch.

You can use Healthy Rewards programs whenever you need them. There's no limit or maximum – and no doctor's referral is required.

Some of the rewards you can enjoy include:

Weight Management & Nutrition Discounts on leading weight management programs like Weight Watchers® and Jenny Craig®.

Tobacco Cessation Kick the habit for good through programs like QuitNet® and Tobacco Solutions.

Fitness Take advantage of fitness programs and discounts – from signing up for a walking program to buying a scale.

Mind & Body Learn how techniques like yoga and positive visualization can help you improve your overall health and well-being.

Vision & Hearing Find discounts on vision and hearing exams and lasik vision correction, as well as eyewear, contacts and hearing aids.

Alternative Medicine Choose from a variety of new and ancient techniques, including acupuncture, massage therapy and chiropractic care.

Vitamins, Health & Wellness Take advantage of big discounts on over-the-counter pharmacy items and mail-order services.

Dental Care Receive a free trial offer and get discounts on anti-cavity products and power toothbrushes.

Healthy Lifestyle Products Save on newsstand prices and subscription rates for a wide variety of popular health and wellness magazines and books. Or indulge in spa gift certificates.

Did you know your Employee Assistance Program (EAP) could help?

Healthy Rewards® is just one of the many programs your EAP offers to help you improve your health and well-being. Call your confidential EAP any day, any time, for assistance, resources or a referral to help resolve your concerns. To start your healthier lifestyle, look for more information on your benefits website.

—problem—

solved