

Fitness & Wellness Programs

Tufts Health Plan is dedicated to helping our members achieve their health and fitness goals. We strive to offer a variety of programs that provide motivation and education at discounted prices.

Our discounts are available to all Tufts Health Plan members and may be used for fitness center memberships, nutritional supplements, mind and body treatments, and a variety of services related to attaining and maintaining good health. Click on Member Discounts on the Members tab at tuftshealthplan.com to learn more about the following savings.

Nutrition

Program	Savings
Nutrition Counseling	25% on the cost of unlimited visits with a registered dietitian or licensed nutritionist in our network. (Medically necessary nutritional counseling may also be covered under the group's plan)
Weight Watchers®	No joining fee for the traditional Weight Watchers program and a \$10 discount on the Weight Watchers Deluxe At Home Kit. Members can join Weight Watchers Online and receive a \$10 discount.
NutriSystem®	\$30 off of the introductory order of NutriSystem's 28-Day Favorites Package when ordered through GlobalFit, part of our fitness network.
Diet and Nutrition Supplements	Up to 40% on a wide variety of vitamins, supplements, and popular energy and protein bars through ChooseHealthy.com. Standard shipping is also free.

Mind and Body

Program	Savings
Acupuncture and Massage Therapy	25% on acupuncture treatments and massage therapy
Hospital-Based Health and Wellness Seminars	30% on wellness seminars and workshops at participating facilities. Topics include smoking cessation, stress management, aging, and parenting.
Natural Therapies	Up to 40% on purchases at ChooseHealthy.com

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For more information, contact your sales office:

Watertown 800-208-8013 | Worcester 800-208-9545

Springfield 800-337-4447 | Providence 800-455-2012

TUFTS  Health Plan

tuftshealthplan.com

Fitness

Program	Savings
Tufts Health Plan network of 80 fitness centers—in Massachusetts, New Hampshire, and Rhode Island	<ul style="list-style-type: none"> ✓ 20% on annual membership ✓ Pay no initiation fee ✓ Instead of joining, pay a small copayment (\$3 - \$6) for each visit, up to five visits a month.
GlobalFit —More than 8,000 nationwide locations	Up to 60% on annual membership fees
\$150 Fitness Club Rebate	Members must complete at least four consecutive months of membership in Tufts Health Plan and at a qualified fitness center*, and we'll reimburse up to \$150 of fitness club fees for the year. This rebate is optional for self-funded groups.
Curves® Facilities	50% at participating New England locations
Fitness Together Personal Training	10% on personal training packages with free initial fitness evaluation
Appalachian Mountain Club	20% on membership rates and discounts on accommodations, subscriptions, and programs.
Boys & Girls Clubs	20% discount off the cost of most programs. Members 18 and younger pay no membership fee to enroll.

*The rebate applies once per family, per year, after the member has incurred up to \$150 of fitness club membership fees and has met the eligibility requirements. The fitness reimbursement is paid to the Tufts Health Plan subscriber.

More Savings

Program	Savings
New Balance Discount	15% off fitness-related apparel, footwear, and accessories at New Balance locations in Burlington, Mass. and Mashpee, Mass.
Eyewear—EyeMed Vision Care program participating providers	<ul style="list-style-type: none"> ✓ 35% on the retail price of frames ✓ Discounts on lenses and lens options, with the purchase of a complete pair of eyeglasses from a participating EyeMed provider ✓ Contact lens replacement program ✓ 20% on the retail price of nonprescription sunglasses ✓ 15% on the retail price (or 5% off the promotional price) of LASIK and PRK laser vision correction
Home Instead Senior Care —For members who need home support services, such as light housekeeping or meal preparation for themselves or family members	\$100 one-time credit towards charges for non-medical home care services through participating offices. A free home-safety inspection is also provided.