

# Discounts & Savings

for Massachusetts members

To help you and your family on your path to well-being



## Vision

- **Visionworks:** Get a **free** pair of prescription eyeglasses with your covered routine eye exam.<sup>1</sup> Also, save 40% on frames.
- **Vision discounts at popular locations:** Save 35% on frames when you buy a complete pair of glasses. Save 20% on any frame or lens options purchased separately, or save 20% on other lens add-ons and services. Locations include: Target Optical, JC Penney Optical, Pearle Vision, Lenscrafters and other EyeMed access network optical providers.<sup>2</sup>
- **Harvard Vanguard Medical Associates:** Save 40% on frames and 20% on prescription sunglasses.
- **Laser vision correction:** Save up to 50% on procedures from Davis Vision, QualSight LASIK and US Laser Network locations in MA, ME, NH and CT.



## Hearing

- **Amplifon Hearing Health Care:** Save on hearing services and save up to 50% on hearing aids. Plus, one year of follow-up services is included with purchase. Locations nationwide.
- **Flynn Associates:** Save up to \$200 per hearing aid, and get free quarterly cleanings, adjustments and more.
- **Speech-Language and Hearing Associates of Greater Boston, PC:** Save up to \$200 on each hearing aid purchase.
- **TruHearing:** Save 30-60% on hearing aids. You'll get state-of-the-art technology from top manufacturers, solutions for every type of hearing loss and personalized help.



## Healthy Eating

- **DASH for Health:** Save 50% on a six-month online subscription. DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.
- **Eat Right Now:** Save 25% on a subscription to this mindful eating app that combines neuroscience and mindfulness to reduce your craving-related eating by 40%.
- **Jenny Craig:** Free three-month program (food not included), plus \$120 in food savings (purchase required).<sup>3</sup> Or, save 50% off their premium programs (food cost separate).<sup>4</sup>
- **InsideTracker:** Save 25% on a science-based, personalized nutrition plan based on your blood test results.
- **Savor Health:** Save \$15 on each week of fresh, nutritious menu plans or meals for cancer patients and their caregivers.
- **Savory Living:** Save 25% and try the first session for free. This online, healthy eating lifestyle program empowers you to take control of how you eat and feel.
- **The Dinner Daily:** Save 25% on this weekly meal planning service that makes dinnertime easy, healthy and affordable.



## Quit Smoking

- **Craving to Quit:** Save 25% on this smartphone-based program to help you quit smoking.
- **QuitSmart:** Save 30% on this program that offers hypnosis, medication recommendations and a patented simulated cigarette.



<sup>1</sup> You must have an eye exam and choose eyeglasses during the same visit. Additional restrictions apply.

<sup>2</sup> Valid at participating locations only. Restrictions apply.

<sup>3</sup> Valid for 3-month trial membership. Weekly full menu average \$156 (before discount) and any shipping costs not included. Discount split over 12 consecutive weeks with full menu purchase. Valid at participating centers and Jenny Craig Anywhere. New members only. No cash value. Not valid with any other offers or discounts. One offer per person.

<sup>4</sup> 50% off enrollment and/or membership fees for eligible premium programs. Weekly full menu average \$156 (before discount) and any shipping cost not included. No cash value. Not valid with any other offer or discounts. Valid at participating locations and Jenny Craig Anywhere. New members only.

The savings programs featured in this flyer are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. All programs subject to change without advance notice.

## Fitness



- **Appalachian Mountain Club:** Save 20% on individual and family memberships. Use your membership for all kinds of outdoor activities to keep you healthy and fit.
- **Boston Ski & Sports Club:** Save 23% on annual membership, with access to fun ways to stay active and healthy, such as playing sports, skiing, traveling and connecting with other enthusiasts in the region.
- **Marathon Sports:** Save 15% on athletic footwear. Multiple locations in MA.
- **ProSourceFit:** Save 20% on your entire order of high performance products for strength and resistance workouts, yoga and Pilates, and muscle recovery.
- **SplitFit:** Save 20% on quality, personalized training at leading gyms and fitness studios in Greater Boston. You'll get a customized workout at an affordable price by sharing the cost of a session with up to three other people.

## Dental



- **Universal Dental Plan:** Save up to 28% on Universal Dental Plan's membership fees, and 20-50% on all procedures from a network of participating dentists.<sup>5</sup>

## Holistic Wellness



- **Ava Fertility Tracker:** Save 10% on the Basic Bundle or 15% on the Plus Bundle. Both include the bracelet and app to help you find your fertile window, track your pregnancy or better understand your body.
- **Complementary and Alternative Medicine:** Save up to 30% on services offered through our partnership with WholeHealth Networks, According to the National Center for Complementary and Integrative Health, complementary and alternative medicine approaches, such as acupuncture<sup>6</sup>, spinal manipulation and chiropractic care<sup>6</sup> may be effective in managing painful conditions such as back pain, osteoarthritis, neck pain, headaches and migraines, and fibromyalgia.
- **DharmaCrafts:** Save 15% on all meditation cushions and restorative yoga mats for your mindfulness meditation practice.
- **Center for Mindfulness and Compassion (Cambridge Health Alliance):** Save 15% on their eight-week Mindfulness-Based Stress Reduction and Mindful Self-Compassion courses.
- **FertilityIQ:** 20% off this online platform to assist with all your fertility and family building needs. Includes courses led by experts and access to verified patient reviews of every fertility doctor & clinic in the U.S.

<sup>5</sup> Universal Dental Plan is not dental insurance and does not meet minimum creditable coverage under applicable state law. The plan provides discounts at specific dental providers for dental services. The plan does not make payments directly to the providers of dental services. The plan member is obligated to pay for all dental care services but will receive a discount from those dental care providers who have contracted with the discount dental plan organization. The range of discounts will vary depending on the services provided.

<sup>6</sup> Does not replace or supplement coverage under your Harvard Pilgrim medical benefits plan. Some plans include chiropractic and/or acupuncture coverage, in which case the provider networks and benefits differ. Consult your Benefit Handbook or call Member Services for details.

- **Ivy Child:** Save 15% on mindfulness health education programs that focus on meditation, yoga, art and music for children and teens.
- **Magic Weighted Blanket:** Save 25% on "the blanket that hugs you back." These blankets have a calming, comforting and soothing effect and come in a wide assortment of fabrics, colors and sizes.
- **Mighty Well:** Save 15% on products that help patients manage their lives with dignity, confidence and style, including PICC line covers, cozy wraps and more.
- **Mindful Magazine:** Get 67% off the cover price when you subscribe.
- **Ompractice:** Save up to 40% on an unlimited membership to 75+ remote group yoga classes. These live classes are held via two-way video, so your teachers can see and support you in real time from the comfort of your own home.
- **The Original Healing Threads by Spirited Sisters:** Save 20% on their clothing, perfect for people with knee or hip replacements, leg and foot problems, upper body radiation and chemotherapy treatments, or recovery from heart surgery. Also ideal for nursing moms and anyone who has difficulty with gross motor skills.
- **Unwinding Anxiety@:** Save 25% on a subscription to this step-by-step program, available on your smartphone or tablet. Uncover triggers, identify your habits, break the cycle of worry and panic, and learn anti-anxiety tools.
- **Ten Percent Happier:** Get the first month free. Subscribe to the rest of the program for \$14.99 per month or \$99.99 per year for this online meditation program.

## Family & Senior Care



- **CareScout Advocacy Program:** Save 20% on this program and connect with trained care advocates to help your family assess needs and find adult day care, home health care services or facility care.
- **Great Call:** Save 20% on innovative, easy-to-use mobile products that help aging consumers live more independent lives.
- **Home Instead Senior Care:** Get a one-time \$100 credit toward charges for routine services at participating offices and get a free home safety inspection at the start-up of services.
- **SeniorAssist (Senior Resource Center, Inc.):** Save \$500 on the lifetime flat fee for services.
- **Vigorous Mind:** Save 10% on this personalized, science-based, online program for maintaining brain health and quality of life after 50.

Find more discounts at [harvardpilgrim.org/discounts](https://www.harvardpilgrim.org/discounts).

Already a member? (888) 333-4742

Not a member? (800) 848-9995

TTY: 711.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.