



## Health Discount Program

### Wellness

UnitedHealth Allies® offers savings on a variety of wellness-related products and services to help members live healthier lives. Some of the most popular discounts are described below. Log on to see all the ways to save.

#### Weight Management

- Jenny Craig®: Free 30-day program\*; 25% off a Premium Program\*
- Nutrisystem®: \$30 off on every order of food plus the best available offer at Nutrisystem; free daily meal planner, exercise CD, weight loss counseling, and online tools and information
- SENSEA®: 20% off all SENSEA weight loss products

#### Fitness Clubs

Anytime Fitness®:

- 50% off the enrollment fee; 10 percent off monthly dues
- Free additional month with a 12-month membership (must be paid in full)

Bally Total Fitness®

- Free enrollment; 10-20% off Premier National Access membership monthly dues
- Best Start™ Workout with a personal trainer; Free kid's club (maximum one child, two hours per day)

Curves®: \$44 one-time enrollment fee; special pricing on monthly dues on a 12-month membership

Gold's Gym®: Enrollment fee of \$49 for all locations; 20% discount on all membership dues

Jazzercise®: 50% off enrollment fees; 15% off monthly dues

*\*Plus the cost of food. Plus the cost of shipping, if applicable. Offer applies to the initial membership fee only and is valid at participating Centres in the United States, Canada and Puerto Rico and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per person. Restrictions apply.*

Disclosure: The UnitedHealth Allies® discount plan is administered by HealthAllies®, Inc., a discount medical plan organization. **The UnitedHealth Allies discount plan is NOT insurance.** The discount plan provides discounts at certain health care providers for medical services. The discount plan does not make payments directly to the providers of medical services. The discount plan member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization. HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-860-8773. [www.unitedhealthallies.com](http://www.unitedhealthallies.com), [ohacustomer@optumhealth.com](mailto:ohacustomer@optumhealth.com).





Life Time Fitness:

- Free enrollment: \$35 administration fee
- \$300 in myLT BUCK\$ (\$150 on enrollment; \$150 after 6 months)

My Gym® Children's Fitness Centers: \$30 off the Lifetime Membership; 5 percent off the monthly fee

Snap Fitness®:

- Free enrollment: 10% discount on membership dues

### Fitness Equipment

- AFG®/Horizon Fitness®: 10% off home equipment, including treadmills, ellipticals and exercise bikes.
- BodyMedia®: 12% off body monitoring devices
- Fitbug®: 20% off activity tracking devices
- Gaiam®: 15% off yoga gear and more
- Heart Rate Monitors USA®/Pedometers USA®: 10% off plus free shipping
- LivingFit by Selfhelpworks: FREE 90-day walking program
- Polar®: 15% off heart rate monitor watches and accessories
- Nordic Track®/Proform®/Weider®: 5% off purchases of \$499-\$599; 10 percent off purchases of \$599 or more
- Sierra Trading Post®: 15% off already-discounted outdoor gear
- SPRI®: 20% off resistance exercise products, videos and more
- Walkstyles®: 25% off products for a healthy waking lifestyle

### Smoking Cessation

- Quit for Life: Pay only \$200 (a savings of 46 percent) on phone-based coaching programs
- LivingFree by Selfhelpworks: Get a free 14-day trial for \$1.00 and 40% off the 10-session online coaching program
- Cirrus Healthcare: 20% off Endit tobacco-free, nicotine-free, smokeless inhalers

### Nutrition

- GNC: 15% off vitamins, supplements and other nutritional products (online only)
- Truhealth MD Heart: 20% off plus free shipping on orders of \$75 or more

### Active Apparel

Save 5 to 25% on active wear from Danskin, Foot Solutions, GAIAM, Walkstyles and others.

### Books and Other Media

Save 10 to 40% on wellness titles and other books from McGraw-Hill Professional, and 20 % on wellness-related CDs, books, software, magazines and other media from multiple vendors.

### Personal Development

Members save on behavioral health programs and other tools to help them live a healthier, happier life.

### Relaxation Resources

- Spa Finders: Save 10% on gift certificates to 3,800 spas worldwide
- Spa Wish: 12% off purchases of \$100 or more; 10% off purchases of \$50-\$99

**Visit [www.unitedhealthallies.com](http://www.unitedhealthallies.com) or call 800-860-8773.**

