



## Health discount program — unlock your health care savings.

### Would you like to look better, feel better and save money?

Our health discount program helps you and your family save 10 percent to 50 percent on many health and wellness purchases not included in your standard health benefit plan.

Even if you already have medical, dental and vision coverage, as an enrolled health plan member, you can save even more money by using your health discount program for:

- **Dental care** — Cosmetic procedures such as teeth whitening
- **Vision care** — Laser eye surgery
- **Alternative care** — Acupuncture, chiropractic care, massage therapy and natural medicine
- **Health supplies** — Family, household, diabetic and medical supplies; beauty and skin care; vitamins and supplements
- **Long-term care** — Skilled nursing facilities, assisted living, respite programs and durable medical equipment
- **Hearing devices**



Disclosure: The UnitedHealth Allies discount program is administered by HealthAllies<sup>®</sup>, Inc., a discount medical plan organization located at 505 N. Brand Blvd., Suite 850, Glendale, CA, 91203, 1-800-860-8773. **UnitedHealth Allies is not insurance.** UnitedHealth Allies provides discounts at certain health care providers for medical services. UnitedHealth Allies does not make payments directly to the providers of medical services. The program 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.

## So many ways to save

Save on these wellness resources to help you live a healthier life:

- Weight management from Jenny Craig® and other popular programs
- Nutrition counseling
- Fitness clubs from the nationwide GlobalFit network, including select Gold's Gym, World Gym, Curves and Ladies Workout Express locations
- Fitness equipment and apparel
- Natural products and foods
- Stress reduction and relaxation resources
- Smoking cessation programs

## How to get your discounts

No referrals are required and there are no claim forms to submit. To locate participating health care professionals, programs and online retailers:

- Link to the health discount program from **myuhc.com**® on the bottom left-hand corner of the **Health & Wellness** page.
- To search for a provider, program or online retailer, select a category (such as Vision) and a specialty (such as LASIK). Then, type in your ZIP code.
- For individual providers: Click **Select This Provider** to generate a discount confirmation. **Be sure to print the discount confirmation and take it with you to your appointment.** Note that the confirmation is simply your rate guarantee. You are under no obligation to visit the selected provider.
- Make an appointment, being sure to identify yourself as a UnitedHealth Allies® discount program member, and pay the discounted rate at the time of service.
- For national providers such as weight loss programs or our online shopping partners: Simply follow the instructions on the **Provider Profile** page to purchase products or services at the discounted rate. No confirmation is necessary.

**To explore the products and services available to you at discounted rates, link to the health discount program from [myuhc.com](http://myuhc.com). Or, call the Customer Care number on your member ID card.**

**Why pay full price for your out-of-pocket health care? Use the health discount program and save.**

■ Cost\* without health discount program

■ Cost\* with health discount program

### Fitness club membership (monthly fee)

\$46

\$24.95

**Save \$21.05**

\$20 \$25 \$30 \$35 \$40 \$45 \$50

### LASIK

\$1,500

\$1,275

**Save \$225**

\$1000 \$1100 \$1200 \$1300 \$1400 \$1500 \$1600

### Teeth whitening

\$330

\$270

**Save \$60**

\$220 \$240 \$260 \$280 \$300 \$320 \$340

\*Savings examples based on fee schedules and mystery shopping data. Your actual savings may vary based on the provider you select, the geographic area in which you live and the care you require. Providers may not be available in all areas.

