

# Humana Lifestyle Discount Program

Helping you achieve lifelong well-being through a balanced sense of purpose, belonging, health, and security.



## Your wellness is Humana's business

To make it easier and more affordable to take better care of yourself, Humana offers the Lifestyle Discount Program. This isn't an insurance plan. It's a discount program to strengthen your personal well-being and enrich your life. As a Humana member, you have access to this valuable program.





Humana's Lifestyle Discount Program can help you look and feel your very best by giving you more choices and savings for health and wellness procedures.

All discounts are available to Humana members\* at the time of service – with unlimited usage. Just log on to **Humana.com/LifestyleDiscounts**



#### Acupuncture and massage therapy

Immediate savings. That's what this discount can mean to you. These holistic approaches provide you a natural option for pain relief. You'll get on-the-spot discounts of up to 30 percent when you receive services from Healthways WholeHealth Network providers. Choose from:

- Massage therapy
- Acupuncture

It's easy to get your savings from more than 37,000 Healthways WholeHealth Network providers.

To get started, log on to **Humana.com/LifestyleDiscounts** and select the link to Healthways. If you prefer, call Healthways at **1-800-274-7526**.

#### Prescription drug savings

If you have medical coverage through Humana, you automatically receive a discount on prescription medicines not covered by your plan. Just get your prescriptions at participating pharmacies and you'll receive instant discounts. It's that easy.

- Average savings of 37 percent\*
- More than 62,000 participating locations, including major retail chains and independent pharmacies
- Check prices of your prescriptions using the Drug Pricing tool in MyHumana, your secure website on **Humana.com**

For more information, log on to **Humana.com/LifestyleDiscounts** and select the link to the Prescription Savings Card Program.

\*Based on 2011 Humana program data



### Weight loss

A healthy you starts with what you eat. Receive a 12 percent discount on a 28-day meal plan from Nutrisystem® so you can eat right without worry. The Nutrisystem programs are based on 40 years of nutrition research and the science of the low glycemic index. They offer a variety of great tasting, satisfying, good carbohydrate meals designed to be heart healthy.

To get started, log on to **Humana.com/LifestyleDiscounts** and select the link to Nutrisystem. If you prefer, call Nutrisystem at **1-888-870-2356**.

### LASIK

Experience the benefits of LASIK and see significant savings! With nearly 600 locations nationwide, members may choose any in-network provider and receive these discounts: 15 percent off standard prices or 5 percent off promotional prices. Extra member value – Having performed over 1 million procedures nationwide, LasikPlus is the “Featured” network provider and offers members:

- Special “set prices”
- Free LASIK exam (save more than \$100)
- Affordable financing options
- Multiple technologies (100 percent bladeless procedures)
- Free enhancements for life on most procedures

To get started, log on to **Humana.com/LifestyleDiscounts** and select the link to LASIK. If you prefer, call **1-855-645-2020**.

### Teeth whitening

Smile big and proud with a fresh set of pearly whites. Humana teamed up with ProSmileUSA™ to offer up to 70 percent off teeth whitening. Just go online and order the ProSmileUSA state-of-the-art whitening system. You’ll be on your way to glimmering teeth. ProSmileUSA, a division of United Networks of America, is a national dental lab that specializes in Hi-Intensity™, competitive strength, professional teeth bleaching.

To order a teeth whitening kit, log on to **Humana.com/LifestyleDiscounts** and select the link to ProSmileUSA. If you prefer, call ProSmileUSA at **1-866-944-8330**.

### Identity monitoring and protection services

Protect yourself and your loved ones with identity monitoring and protection services provided by Identity Theft 911. At every stage of life, this benefit provides expert support to help detect fraud, monitor credit activity, and resolve any identity-related issues. There are three packages available to Humana members. You can choose the package that fits your budget, all options include:

- Medical identity theft monitoring
- Internet monitoring
- Credit bureau monitoring, including credit score
- Unlimited access to expert fraud specialists for proactive and identity resolution assistance

To get started or to review a complete list of services and savings, log on to **Humana.com/LifestyleDiscounts** and select the link to Identity Theft 911.

If you prefer, call **1-866-4-ASSIST (1-866-427-7478)** to find out more. You don’t need a referral. However, some Humana medical plans offer coverage for some alternative services. If you have a Humana medical plan, please review your Certificate of Coverage/Summary Plan Description for specific benefit. The discounts offered are not insurance and are not intended as a substitute for insurance.

\*The discounts offered through the Lifestyle Discount Program (the Program) are not insurance or insured benefits. The Program is subject to change or may be discontinued, without notice and at any time. The Program is only available to Humana commercial group members. The Program is not available to Medicare or Medicaid members. The discount vendors may impose additional eligibility requirements, including but not limited to: age, valid social security number, Internet and e-mail access. The Program only provides for discounts on select products or services from participating discount vendors. The relationship between these vendors and Humana is that of independent contractors. The discount vendors are not providers, partners, employees or agents of Humana. Humana has not reviewed or endorsed and makes no representations, express or implied, about these discount vendors or the products or services available from such vendors. The vendors are solely responsible to you for the provision of these products and services. You should independently review the products and services and the discount vendors before purchasing. Humana expressly disclaims all liability for any care or services rendered by these vendors and all liability if vendors refuse to honor the discounts.

**Acupuncture and Massage Therapy Services provided by Healthways WholeHealth Networks** also may be covered by your health plan. We strongly encourage you to use your health plan benefits whenever possible. This program is not considered insurance. You are responsible for paying the Healthways WholeHealth providers at the reduced rate for services you receive from them through this program. Humana does not credential providers who participate in the discount program. This program is subject to change at any time and not available where prohibited by law. Your agreed upon discount applies to all services not covered by insurance or federal programs, and doesn't include nutraceuticals, supplies or supplements.

**Humana Prescription Savings Card Program.** Discount only – not insurance. Discounts are available exclusively through participating pharmacies. The range of the discounts will vary depending on the type of provider and services rendered. This program does not make payments directly to providers. Members are required to pay for all health care services. You may cancel your registration at any time or file a complaint by contacting Customer Care. This program is administered by Medical Security Card Company, LLC(MSC) of Tucson, AZ.

