Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®



Save money on getting and staying in shape

Fitness Discounts

There are many reasons to get fit

Here are just a few. You'll look and feel better. You can also lower your risks for heart disease, high blood pressure, diabetes ... even depression.

And with fitness discounts, you can save, too. Just for taking good care of yourself.

Through GlobalFit®, you can:

- Save on gym memberships
- Save on treadmills, ellipticals and more
- Try an at-home weight-loss program
- Get health coaching to stop smoking, lower stress and more

You get these discounts at no extra cost

They are available to you as part of your Aetna health benefits and insurance plan. Family members may be able to take advantage of them, too.

Plus, it's easy to get started. Once you're an Aetna member, just sign up at **www.globalfit.com/fitness**. Or call **1-800-298-7800**.

Try a gym for free

You can get a free guest pass at most gyms. It's a great way to check out the gym culture, services and equipment before you sign up. To get yours, visit **www.globalfit.com/fitness**.

00.03.300.1 P (8/15)

How to save on a gym membership

You can choose from and save at over 10,000 gyms* (and growing) in the GlobalFit network. So it's easy to find one near work or home.

Step 1: Visit **www.globalfit.com/fitness** to find a gym.

Step 2: Pick a gym and follow the steps to sign up online.

Step 3: Print your confirmation and you're set to go. You can also call **1-800-298-7800** to sign up.

Keep in mind that this offer is for new gym members only. If you belong to a gym now, or belonged recently, call GlobalFit at **1-800-298-7800** to see if a discount applies.

More reasons to join a gym through GlobalFit

You can:

- Choose from flexible membership options
- Get easy billing through your bank account or major credit card
- Visit a participating gym when you travel**
- Transfer your membership to another participating gym or another person**
- Freeze your membership**

Save on home exercise equipment, too

Would you rather get fit in your own home? You can do that, too. You can get discounts on:

- Elliptical trainers
- Treadmills
- Strength equipment

More support for your healthy lifestyle

Getting fit is just the start to a healthier you. You can also:

- Try out an at-home weight-loss program
- Get one-on-one health coaching*** to help you quit smoking, lower stress, lose weight and more

Get fit for less. With discounts that come with your Aetna health plan.

Log in to your secure member website to find out more.
www.aetna.com

*GlobalFit website. www.globalfit.com/fitness. March 2015.
**Call GlobalFit for more information.
***By HealthAdvocate, through GlobalFit.

If you require language assistance, please call the Member Services number on your Aetna ID card, and an Aetna representative will connect you with an interpreter. If you're deaf or hard of hearing, use your TTY and dial 711 for the Telecommunications Relay Service. Once connected, please enter or provide the Aetna telephone number you're calling.

Si usted necesita asistencia lingüística, por favor llame al número de Servicios al Miembro que figura en su tarjeta de identificación de Aetna, y un representante de Aetna le conectará con un intérprete. Si usted es sordo o tiene problemas de audición, use su TTY y marcar 711 para el Servicio de Retransmisión de Telecomunicaciones (TRS). Una vez conectado, por favor entrar o proporcionar el número de teléfono de Aetna que está llamando.

Health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Idaho, Wyoming and Utah, by Aetna Health of Utah Inc. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

This material is for information only. Discount offers provide access to discounted services and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health benefits and health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **www.aetna.com**.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

www.aetna.com

©2015 Aetna Inc.
00.03.300.1 P (8/15)