

Stay well, get fit, save money

Discount Programs and
Services from Aetna

You can save on
fitness, vision,
hearing, weight loss
programs and more

We want you to know[®]
Aetna[®]

Good health can mean more than visiting the doctor



Included with your health benefits and health insurance plan from Aetna[‡] — the Aetna extras! These discount programs are your ticket to savings on services and products that can help keep you happy and healthy.

You can save right away on:

- Fitness club memberships
- Home exercise equipment
- Eye care and accessories
- LASIK eye surgery
- Natural products
- Massage, acupuncture, dietetic counseling and chiropractic care
- Hearing aids
- Weight loss programs and products
- And more!

[‡]Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health, Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156.

Shape up, and save!

Aetna FitnessSM Discount Program

Regular exercise helps you stay healthy. It can also make you look and feel better. With the Aetna Fitness discount program, you can save money too!

You'll save on fitness club memberships, exercise videos and home exercise equipment like treadmills and elliptical trainers – everything you need to get fit for less today.

Pick a club — join a club

Enjoy preferred rates on fitness club memberships* within the GlobalFit™ network. With nearly 10,000 locations** (and growing), it's easy to find one close to you. Here's how you get started:

Step #1: Visit www.globalfit.com/fitness for a current list of participating clubs.

Step #2: Select a club and follow the directions to get your FREE guest pass (available at most clubs). It's your "sneak peek" at club culture, services and equipment.

Step #3: Join a club today! Enroll online, or call GlobalFit toll free at **1-800-298-7800**.

More reasons to join

- Enjoy flexible membership options – including Commit (48-week) and Non-Commit (month-to-month) memberships
- Pay conveniently through your bank account or major credit card
- Get guest privileges at participating clubs when you travel (Commit memberships only)
- Transfer your membership to another person (Commit memberships only) or another participating club
- Freeze memberships up to two months per calendar year (Commit memberships only)
- Enroll family members on your health plan, too!
- Save on exercise videos and home exercise equipment
- Get at-home weight loss programs and one-on-one health coaching (from WellCall, Inc. through GlobalFit) to help you quit smoking, lower stress and more



Did you know?

Getting your daily dose of exercise helps keep your heart healthy, your bones strong – and can even give you a good night's sleep.

*Participation in GlobalFit is for new club members only. Membership to a club of which you are currently a member may not be available.

**GlobalFit website, www.globalfit.com/fitness, 1/08.

See better for less

Aetna VisionSM Discount Program

See your way to bigger savings!

Let the Aetna Vision discount program* supplement your standard vision care benefits. You'll pay less for eyeglasses, contact lenses and nonprescription items – like sunglasses and contact lens solutions. You'll even save on the usual retail charge for LASIK vision correction surgery.

Use your discount each time you visit a participating store. Just book, browse and save!

▪ **Book** — Make an appointment or go to a participating store. Choose from thousands of independent locations or national chains such as: Pearle Vision[®] Centers, Sears[®], LensCrafters[®], Target[®], JCPenney[®] and private-practice locations. Visit our DocFind[®] online provider directory, or call **1-800-793-8616** for information on locations.

▪ **Browse** — Choose from fashionable frames and the latest in lens technology.

▪ **Save** — Show your Aetna ID card for instant savings.



Vision savings snapshot

Keep this chart** handy — it lists the savings available through Aetna Vision discount program.

PRODUCT OR SERVICE	WHAT YOU'LL PAY
Eye Exams for Plans That Cover Eye Exams	Refer to your health benefits plan documents for coverage details
Eye Exams for Plans That Do Not Cover Eye Exams	
▪ Comprehensive eye exam	\$42
▪ Standard contact lenses fit & follow up	\$40 (plus \$42 exam fee)
▪ Specialty contact lenses fit & follow up (e.g. Toric, Bifocal, Gas Permeable)	\$10 off retail (plus \$42 exam fee)
Lenses per Pair (uncoated plastic)	
▪ Single Vision	\$40
▪ Bifocal	\$60
▪ Trifocal	\$80
▪ Standard Progressive (no-line bifocal)	\$120
Eyeglass Frames (retail prices)	40% off retail prices
Lens Options per Pair (add to lens price above)	
▪ Standard polycarbonate (includes UV coating and scratch-resistant coating)	\$40
▪ Scratch-resistant coating	\$15
▪ Ultraviolet (UV) coating	\$15
▪ Solid or gradient tint	\$15
▪ Standard antireflective coating	\$45
▪ Glass	20% off retail
▪ Photochromic Glass	20% off retail

Contact Lenses

Get a 15% discount (5% on disposables) off retail prices.

Mail-Order Contact Lens Replacement Program

Call 1-800-391-LENS (5367) to order replacement contact lenses. (Mail-order contact pricing is not subject to the discounts received at participating locations.)

Additional Vision-Related Items

Visit any participating location to receive a 20% discount off retail prices.

LASIK Procedure

15% off standard prices or 5% off promotional prices for LASIK services obtained through the U.S. Laser Network. Members must call before scheduling an appointment.

*This program may not be available to Illinois residents.

**EyeMed Services and Compensation Schedule, 1/07. Prices are subject to change.

Relax, recharge and save!

Aetna Natural Products and ServicesSM Discount Program

Few people travel the same path to healthy living. That's why the Aetna Natural Products and Services discount program* gives you great savings on complementary health care services and natural products.

The program is available through American Specialty Health (ASH) Incorporated — a recognized leader in this market — and its subsidiaries. It's a smart way to save on items not typically covered by insurance.** Plus, it's a great way to encourage your body's natural health abilities.

There are four money-saving services available:

Massage Therapy

Rest your achy muscles with relaxing massage therapy – it can relieve stress and improve your well-being, and you'll pay less!

Acupuncture

Pinpoint your pain or stress points with this 5000-year-old stress reliever, and save.

Chiropractic care

Get "realigned" with savings on regular chiropractic visits.

Dietetic counseling

Get sound dietetic advice from registered dietitians on the foods you should eat to feel healthier, look leaner and improve your overall health.

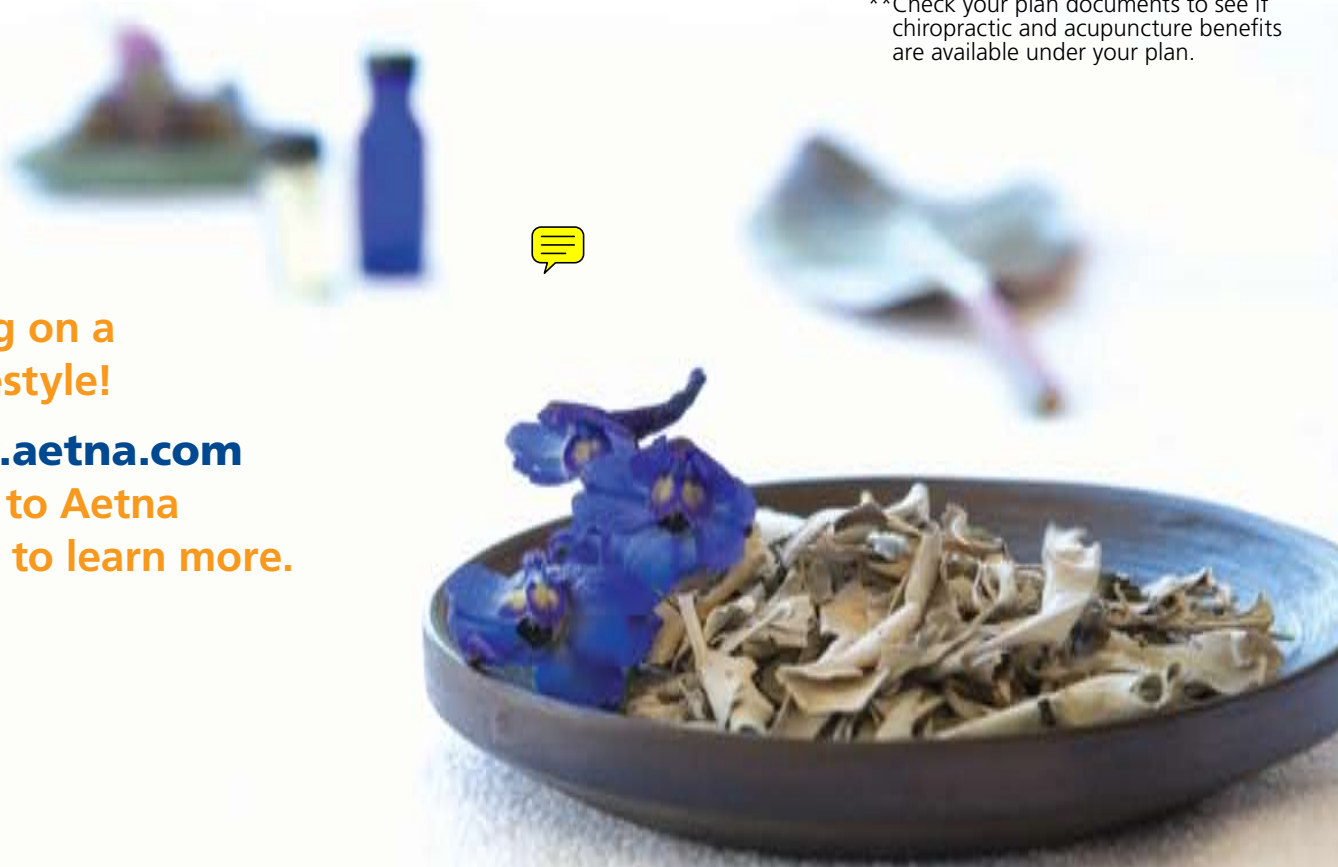
You can also get a discount on your daily dose of over-the-counter vitamins. Or, stock up on aromatherapy, yoga equipment, nutritional and herbal supplements, and more. You can order by mail, phone, fax or the Web.

*This program may not be available to Illinois residents.

**Check your plan documents to see if chiropractic and acupuncture benefits are available under your plan.

Start saving on a healthy lifestyle!

Visit www.aetna.com and log on to Aetna Navigator[®] to learn more.



Hear life the way it's meant to be heard



Aetna HearingSM Discount Program

Hear the world clearly with savings from the Aetna Hearing discount program.* You save on the latest hearing aid styles and technology. You also get 40 percent off the retail price of hearing exams. It's everything you need to make your world sound clearer — all brought to you by HearPO[®], a national hearing benefits provider.

It's not insurance, so there's no need for referrals or claims. You'll get:

- Savings on all hearing aid styles, from behind-the-ear to completely-in-the-canal
- Advanced technology on digital hearing aids from leading manufacturers
- Discounts on hearing aid batteries
- Free follow-up services for one year
- Over 1,600** participating locations nationally

If your health benefits or health insurance plan covers hearing aids or exams, follow your plan instructions first.

Three steps to savings

1. **Request your authorization packet**
Call HearPO customer service weekdays at **1-888-432-7464** to choose a provider and have a packet mailed to your home.
2. **Make an appointment**
Visit your selected provider. Bring your authorization packet with you and identify yourself as an Aetna member.
3. **Get your discount**
You save right at the point of purchase!

What will I pay?

Here is a sample of pricing*** you'll pay for hearing aids[†] — after your HearPO discount. Check out the authorization packet you'll receive in the mail for specific price and provider details.

HearPO discounted pricing guide

Level of Technology	Discounted price range per hearing aid	Example	Features/Available Options
Economy Entry-level Digitals	\$549 – \$1,395	Siemens Intuis Phonak Una CN ReSound Plus 5 Unitron Element 4 Sonic Tribute	Up to 9 channels 1 – 3 memories Minimal or no digital noise reduction Minimal or no feedback cancellation Directional microphone may be added
Mid-level Digitals	\$1,495 – \$1,895	Siemens Artis 2 Phonak eXtra CN ReSound Pixel Unitron Element 8 Sonic Applause	Up to 15 channels 2 – 3 memories Enhanced digital noise reduction Enhanced feedback cancellation Directional microphone may be added
Upper-level Digitals	\$1,995 – \$2,395	Siemens Centra Phonak Savin Art CN ReSound Azure Unitron Yuu Sonic Velocity	Up to 20 channels 2 – 3 memories Advanced digital noise reduction Advanced feedback cancellation Directional microphones and telecoils often come standard

*This program may not be available to Illinois residents.

**HearPO website, www.hearpo.com/aetna, 1/08 HearPO is the registered trademark of HearPO Corp.

***HearPO, 4/08.

[†]HearPO will select the most appropriate hearing aid based on your needs. Savings are available for all manufacturers, but your savings may vary based on your chosen make and model.

Trim your waist, not your wallet

Aetna Weight ManagementSM Discount Program

Looking to lose weight and feel better? The Aetna Weight Management discount program can help.

You and your eligible family members can save on weight-loss programs and products from one of the world's largest weight management firms – Jenny Craig®. You'll get a sensible weight loss plan just for you, a balanced nutrition guide, and weight loss products that fit your lifestyle and goals.

You'll also get:

- One-on-one weekly consultations
- Personalized menus
- Tailored activity planning
- Unlimited use of Jenny eTools, such as Program Tracker and Recipes
- Flexible programs to fit your style

Here's how to get started:

1. Register through the secure Aetna Navigator® website.
2. Print your personalized registration coupon.
3. Call **1-800-96-JENNY (1-800-965-3669)** to find the center nearest to you.
4. **Bring your registration coupon and Aetna ID card to get your free consultation.**

Here's how it works:

Start with a FREE 30-day membership.* Then choose a program that best fits you.

- Save 50 percent* on either 6-month (Gold) or 1-year (Platinum) program
- Save 20* percent on Jenny Rewards 1-year program**



*Offers good at participating centers in the U.S., Canada and Puerto Rico, and through Jenny Direct at-home program. Additional cost for all food purchases and shipping where applicable. Discounts apply to membership fee only.

**Additional weekly food discounts will grow throughout the year, based on active participation.

These discounts are included with your benefits plan.

More savings for you!

- Save on Sonicare® toothbrushes and Epic Dental products like gum, toothpastes, and mouth rinses with xylitol — a natural sweetener designed to stop tooth decay.
- Save 10 percent on gift certificates of \$100 or more from SpaWish® that can be used at over 1,000 spas nationally.
- Subscribe to www.zagat.com and get 30 percent off your membership. You'll get ratings on restaurants, hotels, movies and more.
- Get a personalized eating plan and save up to 25 percent on eDiets® membership dues.
- Save on newsletters or books from the www.mayoclinic.com bookstore.



Discount programs provide access to discounted prices and are NOT insured benefits. Program providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health care services. 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 issues in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29.

©2008 Aetna Inc.

We want you to know®



www.aetna.com