



Save money on staying in shape

Aetna FitnessSM Discount Program

There are a million reasons to get fit

To name a few — you'll look and feel better. When you have a healthy weight, you can also lower your risks for heart disease, high blood pressure, diabetes ... even depression.

And with the Aetna Fitness discount program, you can save too. Just for taking good care of yourself.

What you get with the program

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 the program at no extra cost

It's built right into your Aetna health benefits and insurance plan. Once you're an Aetna member, just sign up online 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.

How to save on a gym membership

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

Three easy steps:

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, you may not be able to get discounts at that gym.

Great savings on gym memberships, treadmills and more.

*GlobalFit website, www.globalfit.com/fitness, 4/11.



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 for up to 2 months per calendar year**
- Plus — your family members on your health plan can use the program too!

Save on home exercise equipment, too

Rather get fit in your own home? You can do that, too.

You'll get discounts on:

- Elliptical trainers
- Treadmills
- Resistance bands, mats, yoga accessories and more

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.

Sign up for the Aetna Fitness discount program.

**Not available for month-to-month memberships.

***By WellCall, Inc., through GlobalFit.

Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health 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. Each insurer has sole financial responsibility for its own products.

This material is for information only. Discount programs provide access to discounted prices 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. 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, GR-29 and/or GR-29N.

