

[Look Inside](#)

- Discounts
- Services
- Resources



PREFERRED EXTRAS

Extra Value for Tufts Health Plan Medicare Preferred HMO Members

INTRODUCING...

PREFERRED EXTRAS

Through special arrangements with participating providers, Tufts Medicare Preferred HMO members can get discounts on professional services as well as access to special programs to enhance their lifestyle.



Savings on Fitness Programs

Tufts Medicare Preferred HMO members are eligible to receive discounts offered through one of the following qualified fitness club networks. Please note that if the fitness club you join is in more than one of the following four networks, only one discount program will apply.

Tufts Health Plan Network of Fitness Centers

HMO members who join a fitness club in the Tufts Health Plan network can save 20% off their annual membership. The initiation fee will also be waived. If you'd rather not commit to a full year of membership right away, you can visit a participating fitness center and pay \$3 per visit up to five times per month. Some centers may charge a \$15 evaluation fee. Contact the fitness center directly for details regarding membership.

For the location of participating fitness centers near you, call Tufts Medicare Preferred Customer Relations at the number listed on the back of this booklet.

GlobalFit™

As a Tufts Medicare Preferred HMO member, you can enjoy convenience and flexibility with a GlobalFit membership.

- Access to more than 8,000 top fitness centers nationwide, including respected national chains and local independent facilities, all with flexible membership options
- Confidential and convenient online weight-loss programs, with fully customizable tools, like meal planners and ready-to-print shopping lists

- Health Coaching, one-on-one guidance from a trained professional offering to help you lose weight, quit smoking, or meet any other health goal

Discounts vary depending on the fitness plan you choose. To find a fitness center that's right for you, simply use GlobalFit's fitness center search engine at their Web site www.globalfit.com or call their toll-free number at 1-800-294-1500.

Please note: all enrollments are handled directly through GlobalFit and not at the local fitness center.

Curves®

Tufts Medicare Preferred HMO members save on specialized exercise and nutritional guidance from Curves® fitness and weight loss centers. You'll get:

- 50% off the joining or initiation fee at any participating Curves fitness center by showing your Tufts Medicare Preferred HMO I.D. Card.
- One month's free membership after you complete 12 consecutive monthly membership payments.

If you have any questions, call Tufts Medicare Preferred Customer Relations at the number listed on the back of this booklet.

Fitness Together

Tufts Medicare Preferred HMO members are eligible to receive a discounted rate on personal training services at participating Fitness Together locations.



Fitness Together trainers will design an individualized program depending on your needs. Sessions are held in private rooms at each Fitness Together studio, allowing for maximum attention and support from the trainer. The following discounts are available to Tufts Medicare Preferred HMO members:

- Initial fitness evaluation fee will be waived for new customers at participating facilities.
- 10% off the purchase price of any personal training package for new customers at participating facilities or,
- A 10% discount off the purchase price on personal training packages of 36 sessions or greater for existing customers at a participating facility.

Discounts cannot be combined with any other promotion. Visit www.fitnessstogether.com for more information.

Savings on Massage Therapy and Acupuncture

Tufts Medicare Preferred HMO offers savings on massage therapy and acupuncture. No referrals are needed to save on these services at participating providers. On massage therapy, you will either save 25% off the therapist's usual and customary fee, or pay \$15 per 15 minutes of massage therapy, whichever is less.

When seeing an acupuncturist, you will save 25% off the therapist's usual and customary fee.

For a list of providers near you, call Tufts Medicare

Preferred Customer Relations at the number listed on the back of this booklet.

Weight Watchers®

As a Tufts Medicare Preferred HMO member, you won't pay a registration fee when you join the traditional Weight Watchers meetings. Weight Watchers will design a food plan to help you change your eating behaviors and reach a healthy goal weight. PLUS—you will be reimbursed according to your level of completion.

- Complete all tasks assigned to you for 12-weeks and Tufts Medicare Preferred will reimburse the entire program fee.
- Complete 3/4 of all weekly tasks and receive a 50% reimbursement.
- Complete 1/2 of all weekly tasks and receive a 25% reimbursement.

In addition, Weight Watchers automatically enrolls you in its Lifetime Membership program when you reach your goal weight and maintain it for six weeks. That means you will pay no program fees as long as you weigh in once a month and are within two pounds of your goal weight! Registration fee is waived upon enrollment when attending traditional Weight Watchers meetings. Call Weight Watchers at 1-800-651-6000 for the locations near you.

CVS Caremark ExtraCare® Health Card

Tufts Medicare Preferred HMO members can receive 20% off the purchase price of certain CVS/pharmacy store-brand, non prescription, health related items by using a CVS Caremark ExtraCare® Health Card.* Just present your ExtraCare® Health Card at the time of purchase in CVS/pharmacy locations nationwide to receive your discount. If you have any questions call CVS Caremark at 1-888-543-5938.

*The 20% discount is restricted to regulation-sale items purchased for the health care of the cardholder or covered dependents. Excludes alcohol, gift cards, lottery, money orders, prescriptions, postage stamps, prepaid cards, tobacco products, photo finishing.

See back page for additional discounts >>



Wellness Seminars

Tufts Medicare Preferred HMO members are eligible to receive a 30% discount on wellness seminars and workshops at participating facilities. Topics include smoking cessation, stress management, aging, and more. Just present your Tufts Medicare Preferred HMO ID card when you register and you'll receive your discount. For a list of participating wellness centers, call Tufts Medicare Preferred Customer Relations at the number listed below.

Home Instead Senior Care

As a member of Tufts Medicare Preferred HMO, you and your eligible family members may benefit from Home Instead, a discount program for non-medical home care services through participating offices of Home Instead Senior Care. Services include one-to-one support and companionship, meal preparation, medicine reminders, laundry and ironing, light housekeeping, incidental transportation, errands and shopping. You or a family member receive a one time \$100 credit and a free home safety inspection once you contract for services at participating Home Instead Senior Care offices.

Visit www.homeinstead.com for more information.

Nutritional Counseling

Save 25% on unlimited visits with Tufts Health Plan registered dietitians or licensed nutritionists—without a referral from your PCP. These registered dietitians provide preventive nutritional and dietary information as well as professional counseling for safe weight management. This value added discount is separate from the medical nutritional counseling benefit described in your Evidence of Coverage.

For a list of providers near you, call Tufts Medicare Preferred Customer Relations at the number listed below.

The products and services described in this brochure are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Tufts Medicare Preferred HMO grievance process.

Questions about any of the services offered?

If you have any further questions, please call Customer Relations at 1-800-701-9000 (TTY 1-800-208-9562), and we will be happy to assist you.

Representatives are available Monday–Friday, 8:00 a.m. – 8:00 p.m.
(From November 15 - March 1, representatives are available 7 days a week, 8:00 a.m. - 8:00 p.m.)
After hours and on holidays, please leave a message and a representative will return your call the next business day.

Or visit our website at tuftshealthplan.com/medicare

TUFTS  Health Plan

 Medicare Preferred

705 Mount Auburn Street, Watertown, MA 02472