

PREFERRED EXTRAS

Tufts Medicare Preferred HMO Plans offer more.

Preferred Extras* are just that ... EXTRA! They're offered above and beyond what's covered under our contract with Original Medicare—because we're committed to helping you maintain a healthy and active lifestyle. These extras include:

Fitness

- **Curves®** 50% discount on initiation fees; one month free membership after 12 consecutive monthly membership payments.
- **Fitness Together** Free initial fitness evaluation; 10% discount on personal training packages of 36 sessions or more.
- **Local Fitness Clubs** 20% discount on an annual membership, with no initiation fees; \$3 copayment per visit for up to 5 visits per month (see Summary of Benefits to learn more about \$150 reimbursement towards fitness club membership each year).

Health Products & Services

- **Lasik Surgery** 15% discount on retail price, or 5% off the promotional price, of LASIK and PRK laser vision correction.
- **FastStart Prescription Ordering** Use our mail order prescription drug service and save money on your overall prescriptions including standard shipping at no additional cost.
- **ChooseHealthy.com™** Free shipping and up to 40% discount on over 2,400 dietary supplements, homeopathic remedies, diet & sports nutrition, yoga & fitness activities, personal body care, books, audio videos, DVDs and more.
- **Home Instead Senior Care** \$100 one time credit on non-medical home care services.
- **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.

Mind & Body

- **Massage Therapy** 25% discount on usual and customary fee or pay \$15 per 15 minutes of massage therapy, whichever is less.
- **Acupuncture** 25% discount on usual and customary fee.
- **Wellness Programs** 30% discount on variety of health and wellness seminars and programs.

Nutrition Services

- **Nutritional Counseling** 25% discount on unlimited visits with registered dieticians and licensed nutritionists.
- **Weight Watchers®** Free registration and complete reimbursement for successful completion a traditional Weight Watchers Program; \$10 discount on Weight Watchers Online subscription 3-month savings plan; \$10 discount on Weight Watchers Deluxe At Home Kit.

* The products and services described above 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.