

PREFERRED EXTRAS

Tufts Medicare Preferred Supplement Plans offer more.

Preferred Extras are just that ... EXTRA! They're offered above and beyond—because we're committed to helping you maintain a healthy and active lifestyle. These extras include:

Fitness Discounts

- **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.
- **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.

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 of 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.