



Preferred Extras are just that—EXTRA! They're offered above and beyond what's covered under Original Medicare and MassHealth Standard coverage—because we're committed to helping you maintain a healthy and active lifestyle so you can enjoy time with your loved ones.

For more details on Preferred Extras, visit thmp.org/sco or call **1-855-670-5934 (TTY: 711)**!

Plan Benefits Offer Additional Savings!

Preferred Extras are extra discount programs available to you in addition to your plan benefits.

Look in your Evidence of Coverage (EOC) booklet for information on health and wellness benefits that can help you save even more!

Fitness Discounts

Fitness Together



Fitness Together pairs you with a personal trainer in a private setting and a workout plan tailored to you!

- New customers pay no fitness evaluation fee.¹
- New customers get 10% off the purchase price of any personal training package.¹
- Existing customers get 10% off the purchase price of personal training packages of 36 sessions or greater.¹

To get the discount, show your Tufts Health Plan Medicare Preferred ID card when joining any participating Fitness Together location.

Health Product Savings

Hearing Aid Discount

Save big on a wide selection of hearing aid choices from major manufacturers:

- 2-year supply of batteries at no charge.
- 1-year in-office servicing at no charge.²
- 3-year comprehensive warranty, including loss, damage, and repairs.
- 60-day hearing aid evaluation period.
- Complete hearing aid evaluation at no charge.
- No-interest financing available for 12 months for qualified applicants.
- For details on this discount, call Hearing Care Solutions toll-free at **1-866-344-7756** or call Customer Relations.

CVS Caremark ExtraCare[®] Health Card



You and your family can save when you use the CVS/caremark ExtraCare Health Card!

With the CVS/caremark ExtraCare Health Card, you, your spouse, and your dependents receive 20 percent³ off regular-priced CVS/pharmacy Brand,⁴ health-related items valued at \$1 or more. The ExtraCare Health Card can be used at CVS/pharmacy stores nationwide.



Health & Wellness Discounts

Massage Therapy and Acupuncture

Reconnect your body, mind, and spirit with massage therapy or acupuncture.

- **Massage therapy:** save 25% off the provider's usual fee, or pay \$15 per 15 minutes of massage therapy, whichever is less.
- **Acupuncture:** save 25% off the provider's usual fee.⁵

For a list of providers near you, call Customer Relations or visit www.thpmp.org/choosehealthy.

Nutrition Discounts

**Updated Offer
for 2019!**

**Lose up to 16 lbs in just 4 weeks⁶
with Rapid Results™ by Jenny Craig**



Rapid Results™ leverages the innovative science of the circadian rhythm gene, the discovery of which was awarded the 2017 Nobel Prize in Physiology/Medicine.

Free 3-month program (food not included) + \$120 in food savings (purchase required)⁷ OR save 50% off the premium programs (food cost separate).⁸

**New Offer
for 2019!**

Dinner Daily



The Dinner Daily makes healthy, delicious dinners easy and affordable by providing you with weekly dinner plans customized for your food preferences, dietary needs, and the specials at your local grocery store! Dinner Daily members can save \$1,200 or more each year on grocery costs, for less than \$1 a week. Eat better dinners, save money, and make dinners easy.

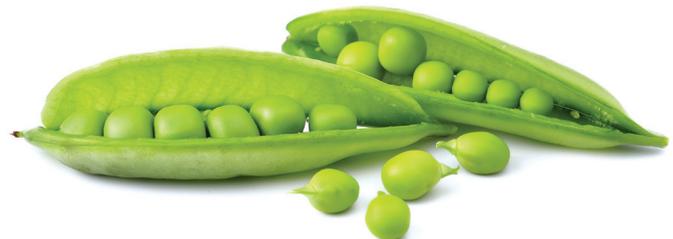
- You receive a 25% discount on any Dinner Daily subscription—you'll pay as little as 70¢ a week—and will save many times that on your grocery costs. Plus, your first two weeks are free to make it easy to try.
- To sign up, or for more information, visit thedinnerdaily.com/tmp and use code **TMP25** when you sign up to receive your discount.

DASH for Health



The DASH for Health program is an online program dedicated to helping you eat better, exercise better, and lose weight. With customized meal plans to help you get started, twice-weekly email tips, tracking tools for weight, food and exercise, and hundreds of recipes, you will eat better, feel better, and improve your health—all while eating the foods you love.

- \$34.50 for a 6-month subscription (50% off the regular subscription rate).
- To get the discount, go to tuftshealthplan.dashforhealth.com and enter coupon code **tmp**.
- For more information, visit www.dashforhealth.com or call Customer Relations.



Questions?

 Call **1-855-670-5934 (TTY: 711)**

Representatives are available Mon.–Fri., 8 a.m.–8 p.m. (Oct. 1–Mar. 31, representatives are available 7 days a week, 8 a.m.–8 p.m.). After hours and on holidays, please leave a message and a representative will return your call on the next business day.

 Or visit us at **www.thpmp.org/sco**

¹At participating facilities only. Discounts cannot be combined with any other promotion.

²Routine service during first year is with original provider. Any services during the first year that are not administered by original provider are subject to charges at provider's discretion.

³The 20% discount is restricted to items purchased for the health care of cardholder, spouse or dependents and applies to regularly priced CVS/pharmacy brand health-related items valued at \$1 or more. Excludes alcohol, lottery, money orders, prescriptions and copays, postage stamps, pre-paid cards, gift cards, newspapers and magazines, milk, sale/promotional merchandise, bottle deposits, bus passes, hunting and fishing licenses, and are not valid on other items reimbursed by a governmental program. Plan restrictions may apply. Check with your plan for more details.

⁴All CVS/pharmacy brand products are 100% satisfaction guaranteed or your money back. If you're dissatisfied for any reason, you can return the CVS/pharmacy brand product (opened or unopened) along with your receipt or invoice to any CVS/pharmacy store. We'll refund the full purchase price—no questions asked! To return the item by mail, call Customer Care at 888-607-4CVS (1-888-607-4287). © 2015 CVS/caremark. All rights reserved.

⁵You can receive this discount in addition to using your existing MassHealth Acupuncture benefit. If you receive services not covered under your MassHealth benefit, or go over the number of visits allowed with your MassHealth benefit, you can use this discount to decrease the amount you pay for acupuncture services from participating providers.

⁶First 4 weeks only. Average weight loss in study was 11.6 lbs for those who completed the program.

⁷Valid for 3-month trial membership. Weekly full menu averages \$156 (before discount) and any shipping costs not included. Discount split over 12 consecutive weeks with full menu purchase. Valid at participating centers and Jenny Craig Anywhere. New members only. No cash value. Not valid with any other offers or discounts. One offer per person. Restrictions apply.

⁸50% off enrollment and/or membership fees for eligible premium programs. Weekly full menu averages \$156 (before any discount) and any shipping cost not included. Active program enrollment and eligibility status required, which includes meeting with a consultant weekly and adhering to the full Jenny Craig meal plan. No cash value. Not valid with any other offer or discounts. Valid at participating locations and Jenny Craig Anywhere. New members only. Restrictions apply.

Discounts and services included in the Preferred Extras program are not plan benefits and are not subject to the Medicare appeals process. Tufts Health Plan is an HMO-SNP plan with a Medicare contract and a contract with the Commonwealth of Massachusetts (Medicaid) program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) program in association with the Executive Office of Health and Human services (EOHHS) and Centers for Medicare & Medicaid Services (CMS). This document may be available upon request in an alternate format such as Braille, larger print, or audio. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-670-5934 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 855-670-5934 (TTY: 711). H2256_S_2019_96_C

