

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna®



## A fit, fabulous you — for less

### Fitness discounts

#### There's no stopping you

Every time you take the stairs, snack healthy or kick a bad habit, your body gets stronger. Now, here's a little motivator to help you keep up the good work: *good savings*.

Through our relationship with GlobalFit®, you get discounts built right into your health benefits and insurance plan. Your covered family members do, too.

You can:

- Save on gym memberships
- Try an at-home weight-loss program
- Work with a health coach

You can even save on personal training, group or solo sessions.

#### It's easy to get started

Two ways:

 Visit [www.globalfit.com/fitness](http://www.globalfit.com/fitness).

 Call **1-800-298-7800**.

Then, you can:

- Find a gym
- Try a gym
- Sign up
- Start health coaching, personal training and more

Or visit your member website at [www.aetna.com](http://www.aetna.com). It's the place to manage your benefits. You can quickly connect to the GlobalFit website, too.

**THIS IS NOT INSURANCE. THIS IS A DISCOUNT PROGRAM ONLY.**

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## A healthy you, at your local gym

If you like to get fit in a gym, you'll love these perks.

### Savings on gym memberships

You can save at over 10,000 gyms\* (and growing) in the GlobalFit network. So it's easy to find one where you are — work or home. Even where you travel.

But keep in mind the savings are for new gym members. So if you belong to a gym now or once did, just call us first to see if you can still save.

### More sign-up perks

When you join a gym through GlobalFit, you can socialize with others who share your fitness goals.

And you get *total* convenience with:

- Flexible membership options
- Free guest pass (at most gyms)
- Easy billing
- Travel privileges at participating gyms

Need to press "pause"? You can **freeze your membership**. Even **transfer your membership** to another participating gym — or even another person. Call GlobalFit for full details.

## A healthy you, right from home

If *staying home* is more your style, you have choices.

### One-on-one health coaching

You can get one-on-one support\*\* to quit smoking, ease stress, lose weight and more. On your schedule.

### Discounts on personal training

On the road? Prefer a little privacy? With an On Demand\*\*\* program, you can get fit your way, at your pace. Your sessions air from any computer or mobile device.

Choose the option that fits you:

1. **One-on-one training.** Just choose your trainer, then stay connected through email, text or video calling.
2. **Group training.** Get fit with others, and share your challenges and successes with your team.

### Savings on home exercise equipment

Build your body — and your home gym — with nice discounts on home exercise helpers like Zumba® equipment.

### At-home weight-loss program

Your body is your business. So you can get weight-loss tips, menus and weigh-ins ... right from the privacy of your home.

**Be fit *your way*.** With choices and savings that come with your Aetna plan.

\*GlobalFit website. [www.globalfit.com/fitness](http://www.globalfit.com/fitness). March 2016.

\*\*By HealthAdvocate™, through GlobalFit.

\*\*\*By Les Mills™ On Demand and Trainer On Demand, through GlobalFit.

**In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

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[www.aetna.com](http://www.aetna.com)