

# 2012 Decision Power<sup>®</sup>

## *Healthy Discounts*

*California*



**Christian Aparicio**  
*Health Net*

# Decision Power<sup>®</sup>

## How it Works

Your health, your time, your choice. Decision Power helps you to become an active partner in decision-making about your health and the health of your family. You can access Decision Power from the privacy of your own home or office, and it's completely confidential.

At Health Net, we believe good health is more than the absence of illness. Our Decision Power Healthy Discounts program rewards you for being a member and supports your good health! Log on to [www.healthnet.com](http://www.healthnet.com) and click on *Decision Power Health & Wellness > Member Discounts* to learn more about these discounts and how to access them.

The products and services described below 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 Health Net grievance process.

### *Complementary care*

#### **Acupuncture**

Through ChooseHealthy<sup>®</sup>, a product of American Specialty Health Systems, Inc., an affiliate of ASH Networks and a subsidiary of American Specialty Health Incorporated, you can receive discounts off the usual and customary fees from a contracted ASH Networks acupuncturist.

#### **Chiropractic**

Through ChooseHealthy, you can receive discounts off the usual and customary fees from a contracted ASH Networks chiropractor. If you already have chiropractic benefits through your Health Net plan, you can always take advantage of Decision Power Healthy Discounts chiropractic services after you reach your annual limit for services.

The “usual and customary” charge is pre-set for each procedure. This charge is determined by the complexity of the treatment and the fee most commonly charged for that procedure in a particular geographic area. This is the “maximum allowable” for any procedure, and the benefit will be calculated based on the provider’s submitted fee or the usual and customary amount – whichever is lower.

Please refer to your Health Net Evidence of Coverage (EOC) for more information.

## Massage therapy

Through ChooseHealthy, you can receive discounts off the usual and customary fees from a contracted ASH Networks massage therapist.

For a listing of participating providers, visit [www.ChooseHealthy.com](http://www.ChooseHealthy.com) or call 1-877-335-2746 (TTY 711) between 5:00 a.m. and 6:00 p.m., Pacific Standard Time (PST), Monday through Friday. Then call the provider you choose and schedule an appointment. At your office visit, show your Health Net ID card and pay the provider.

## Emergency medical information services

### MedicAlert® Foundation

Health Net members can now receive a substantial one-year and three-year MedicAlert® membership savings. In the event of an emergency, first responders worldwide will know to call MedicAlert to retrieve important personal health information. For persons with existing medical conditions, this greatly reduces the chance of medical errors, allergic reactions, and medication interactions. With family notification services, your loved ones will be contacted so you are not alone in a time of a crisis. Unlimited updates and a complete printout of your health history are also available. Health Net members pay \$24.95 for the first year of MedicAlert

membership (savings of nearly 40%), or \$89.95 for a 3-year membership. For more information or to enroll, call 1-800-432-5378 (TTY 711), Monday through Friday, 6:00 a.m. to 5:00 p.m., and Saturday, 8:00 a.m. to 5:00 p.m. PST, or visit [www.medicalert.org/healthnet](http://www.medicalert.org/healthnet). When signing up for services, mention promotional code 5605 to redeem the discount.

## Eye care

A variety of savings and hundreds of providers are offered through the following vision plans:

### EyeMed Vision Care

Discounts on eye exams, frames and lenses at more than 20,000 locations, including JCPenney® Optical, LensCrafters®, Target Optical and most Sears Optical<sup>SM</sup> and Pearle Vision® locations.

- \$5 off contact lens exam and \$5 off routine eye exam
- 15% off retail price for conventional contact lenses
- 35% off retail price of any available frame at provider location<sup>1</sup>
- \$50 single, \$70 bifocal, \$105 trifocal plastic lenses<sup>1</sup>
- 15% discount on retail Laser Vision Correction or 5% off the promotional price.

For locations, contact EyeMed at 1-866-559-5252 (TTY 711), Monday through Saturday,



<sup>1</sup>The discount is available only when a complete pair of glasses is purchased. Items purchased separately will be discounted 20% off the retail price.

5:00 a.m. to 8:00 p.m., and Sunday, 8:00 a.m. to 5:00 p.m. PST. Or go to [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com) to find a convenient location. Visit <https://www.eyemedvisioncare.com/healthnet> to view Health Net discount program information. Bring the group number and your Health Net ID card to a participating provider to receive the discount.

### *LASIK or PRK surgery*

#### **EyeMed Vision Care**

EyeMed Vision Care Members receive a 15% discount on retail Laser Vision Correction or 5% off the promotional price. You can access your discount by calling 1-877-5LASER6, Monday through Friday, 8:00 a.m. to 8:00 p.m., and Saturday, 9:00 a.m. to 5:00 p.m. Eastern Time (ET), or visit [www.eyemedlasik.com](http://www.eyemedlasik.com) for more details.

#### **TLC Laser Eye Centers**

Receive a complimentary evaluation for LASIK candidates and comprehensive pre-surgical testing. Candidates also save 10% off usual and customary procedure fees or 5% off promotional pricing. For more information, go to [www.tlcvision.com](http://www.tlcvision.com).

#### **TruVision™**

Laser Vision Correction (LASIK) as low as \$895 per eye. Health Net members can save 10% off usual and customary pricing and 5% off promotional pricing. Also, members

can take advantage of up to a 50% discount on contact lenses. To order, call 1-877-929-2020 (TTY 711), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET, or visit [www.truvision.com](http://www.truvision.com).

### *Fitness club discounts*

#### **ChooseHealthy**



Through ChooseHealthy, a product of American Specialty Health Systems, Inc., an affiliate of ASH Networks and a subsidiary of American Specialty Health Incorporated, you have access to a national network of fitness clubs that offer a minimum 10% discount off initiation and/or monthly dues. Rates vary according to the size, location, facility and programs offered. All clubs meet industry-specific clinical and safety standards.

To help you find the right fitness club, you may take advantage of a one-week free trial certificate at each club of your choice. If you are accessing an exercise center that charges by the session, you are entitled to one free introductory session. (Certificates may not be combined at the same club.) Visit [www.ChooseHealthy.com](http://www.ChooseHealthy.com) for a fitness club in your area and to print out a one-week introductory certificate. You may also call 1-877-335-2746 (TTY 711) between 5:00 a.m. and 6:00 p.m. PST, Monday through Friday.

## Health products and online resources

### ChooseHealthy

Through the ChooseHealthy store, you can buy vitamins, minerals, and herbal supplements at a discount – up to 40% off the suggested retail price. Health Net members receive free standard shipping on most orders. To order, visit [www.ChooseHealthy.com](http://www.ChooseHealthy.com).

## Healthy Living books, magazines and videos

### Backpacker

Subscribe now and get one year (9 issues) of *Backpacker* for just \$14.00! That's a savings of 69% off the cover price!

FREE GIFT! As a Health Net member, you will also receive, FREE with your subscription order, the *Classic Trails* digital booklet! Offer valid for U. S. subscribers and Health Net members only. Go to [www.backpacker.com/healthnet](http://www.backpacker.com/healthnet).

### Vegetarian Times

Subscribe now and get 1 year (9 issues) of *Vegetarian Times* for just \$9.99! That's a savings of 80% off the cover price!

Go to [www.vegetariantimes.com/healthnet](http://www.vegetariantimes.com/healthnet).

### Yoga Journal

Health Net members can be guided to more healthful living by subscribing to *Yoga Journal* for just \$14 for 9 issues. This is a great savings at 69% off the cover price. To subscribe at the Health Net rate, call 1-800-873-8807 (TTY 711). Members can also receive 15% off *Yoga Journal* DVDs and books by calling 1-800-436-9642 (TTY 711).

### Safe Beginnings® program

Members can save 15%<sup>2</sup> on Safe Beginnings products. Choose from the largest selection of safety gates, cabinet locks, outlet covers, window guards, fire escape ladders, carbon monoxide detectors, and first aid items. Specialty baby and toddler items such as a one-of-a-kind folding car seat, a European feeding chair and an infant-safe playmat are also offered. To order, visit [www.safebeginnings.com](http://www.safebeginnings.com) or call 1-800-598-8911 (TTY 711), Monday through Thursday, 8:00 a.m. to 7:00 p.m., and Friday, 8:00 a.m. to 5:00 p.m. ET, and be sure to mention you are a Health Net member or code: HNW.



Decision Power Healthy Discounts – We believe healthy living is about staying active, having a good attitude, and feeling comfortable. We recognize that good health goes beyond your covered medical benefits. Membership in Decision Power Healthy Discounts is automatic and yours at no additional cost. Enjoy the advantages of Health Net membership and the rewards of living well.

<sup>2</sup>Any exclusions that apply are noted along with the product information. Not valid in conjunction with any other discount or promotion. Not valid on prior purchases. Safe Beginnings is a registered trademark of Safe Beginnings, Inc.

### *In-home care services*

#### **AccentCare, Inc.**

AccentCare provides thoughtful solutions for living at home. You can receive a free initial consultation by telephone, a 10% discount on the first month's services for personal care, and a free copy of *What Everyone Needs to Know About Homecare*. To learn more, call 1-800-834-3059 (TTY 711), 8:30 a.m. to 5:00 p.m., Monday through Friday, or log on to [www.accentcare.com](http://www.accentcare.com).

### *Hearing aids and screenings*

#### **Newport Audiology Centers**

Newport Audiology Centers provide a free hearing exam for Medicare-eligible members. Health Net members age 10 to 64 receive a complete hearing evaluation for \$30 and a 30% discount on Newport's standard prices for hearing aids. Plus, members who purchase a hearing device receive, at no charge, a 2-year warranty (including loss and damage coverage), 1 year of batteries (up to 48 cells) per aid purchased, unlimited counseling follow-up visits and more. For information, call 1-800-675-5485 (TTY 711), Monday through Friday, 6:30 a.m. to 5:00 p.m., or go to [www.newaud.com/healthnet](http://www.newaud.com/healthnet).

#### **Beltone® Hearing Centers**

Health Net members and their immediate family members (grandparents, parents, spouse and children) receive a free hearing screening, a 25% retail discount off the purchase price of any Beltone hearing aids, and a free second-year warranty at participating Beltone Hearing Centers. For more information, call 1-800-BELTONE (1-800-235-8663) (TTY 711), Monday through Friday, 8:00 a.m. to 5:00 p.m. CT, or go to [www.beltone.com](http://www.beltone.com).

### *Weight management*

#### **Weight Watchers®**

Weight Watchers offers three weight loss solutions:

##### **1. Weight Watchers Monthly Pass<sup>3</sup>**

Combines the Meeting Voucher with Online support. Free registration and \$39.95 a month, with a 50% discount for the first month. Easy automatic renewal payment each month. Unlimited meetings each month (members can attend as many meetings as they like). Free eTools – internet weight loss companion that helps members stay on track between meetings.

<sup>3</sup>Available in participating areas only.

## **2. Weight Watchers Local**

### **Meeting Vouchers**

Local meeting vouchers are a prepaid savings plan that offers the flexibility of attending Weight Watchers meetings in your community when and where it suits you best. Members receive the special value for a 13-week series.

## **3. Weight Watchers Online**

### **Subscription**

With an Online subscription, you can follow the Weight Watchers plan step-by-step online, with interactive tools and resources like a weight tracker, progress charts, restaurant guides and hundreds of recipes and meal ideas. The Online subscription is customized for men and women.

The special value prices are:

- 3-month subscription \$55.00  
(a savings of \$10.00)
- 12-month subscription \$166.70  
(a savings of \$50.85)

For more information, call 1-866-896-2655 (TTY 711) or visit [www.weightwatchers.com](http://www.weightwatchers.com).

Note: You must be a Health Net member to access all three solutions.

## **Jenny Craig®**

Health Net members can join Jenny Craig and receive a free 30-Day Trial Program<sup>4</sup> and 25% off a Premium Program.<sup>4</sup> Visit [www.jennycraig.com/corporatechannel/healthnet.aspx](http://www.jennycraig.com/corporatechannel/healthnet.aspx) to complete the online form and print your special offer coupon. Then call 1-877-Jenny70 to find the nearest location or to enroll in the Jenny Craig At Home program. Or, if you do not have internet access, call 1-866-795-0342, and a representative will help you enroll. Be sure to inform the representative that you are a Health Net member to receive your special offers (TTY 711).

<sup>4</sup>Food and, if applicable, shipping not included.

All programs are subject to change.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions.

Decision Power Healthy Discounts offers discounts on health products and reduced-fee health services. Decision Power Healthy Discounts is not part of your Health Net benefit program and is not intended to take the place of any covered benefits and is offered to the member in addition to, rather than instead of, covered benefits. It is made available to specified Health Net members at no additional cost as part of Health Net's Wellness Program. Decision Power Healthy Discounts providers are independent businesses. Members purchase services and/or supplies directly from these providers. Questions or complaints regarding the Decision Power Healthy Discounts program should be directed to Health Net's Customer Contact Center. Questions or complaints regarding a Decision Power Healthy Discounts provider should be directed to that provider.

Weight Watchers is the registered trademark of Weight Watchers International, Inc. and is used under license. ChooseHealthy is a federally registered trademark of American Specialty Health Incorporated and used with permission herein.

Price and availability: Discounts for Decision Power Healthy Discounts products are based on the providers' regular retail prices. Discounts on Decision Power Healthy Discounts services are based on the providers' usual charges. Provider's prices and charges are subject to change without notice. All discounted products and services are subject to availability. Some restrictions may apply.

Liability: Health Net makes no endorsements or warranties on any of the products or services offered through the Decision Power Healthy Discounts program and assumes no liability for such.

You have access to Decision Power through your current enrollment with any of the following Health Net companies: Health Net of California, Inc.; Health Net Life Insurance Company.

Decision Power is part of Health Net's Medicare Advantage benefit plans. But, it is not affiliated with Health Net's provider network. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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