

2020 ADDITIONAL DISCOUNTS AND PROGRAMS OFFERED THROUGH COUNTY SPONSORED MEDICAL PLANS

Please note: This information is subject to change without notice. Please contact the medical plan directly for questions and updates. Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.



- Jenny Craig (800) 597-JENNY or (800) 597-5366 or http://go.jennycraig.com/Set-Appointment_HAC_GEN.html?FunnelID=GEN&cmpid=hac_GEN
- GlobalFit (800) 294-1500 or www.globalfit.com, a network of 10,000 participating local, regional and national fitness clubs including: Curves, 24 Hour Fitness, Anytime Fitness and many more.
- Living Lean: [Lose weight without willpower](#)
Receive 15% off of online video coaching.

For more information, log on to www.anthem.com/ca/countyoflosangeles and click on "Special Offers" or call the customer service phone number at (844) 730-1931.



Cigna Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. This program is separate from Cigna coverage, the services don't apply to your plan's copays or coinsurance, and doctor referrals are not required.

Using Healthy Rewards is easy. No referrals or claim forms needed! If you're enrolled in a medical, behavioral or dental plan, you're eligible. Here's how to get started...

- Review this online program under the "My health" tab on www.mycigna.com or call 1.800.870.3470
- Print your Healthy Rewards Discount Card
- Show your Cigna ID card or Healthy Rewards Discount Card to get the discount
- Make your discounted payment

Start saving today with Cigna Healthy Rewards®*

Get discounts on the health products and programs you use every day: Weight management and nutrition, Fitness, Mind/body, Vision and hearing care, and Alternative medicine.

Healthy lifestyle **Real brands. Real discounts. Real awesomeness.**



- Most Kaiser Permanente facilities provide interactive health workshops focused on variety of topics, including weight management, diabetes prevention, heart health, diabetes management, and smoking cessation for their members. Most workshops are offered at no charge to Kaiser Permanente members and are available in English and Spanish. Topics and availability vary at each facility. Healthy Balance, www.kp.org/healthybalance, the weight management diabetes prevention program, is available to Kaiser Permanente members at no charge. To learn more about these and other resources go to www.kp.org/centerforhealthyliving.
- Emotional wellness resources can be accessed at www.kp.org/selfcare, including a self-care app, **myStrength**. **myStrength** is a digital tool for emotional wellness available to Kaiser Permanente members at no cost. It is a personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support to improve your awareness and change behaviors.
- Wellness Coaching by phone is available at no charge to Kaiser Permanente members. Whether you need support to quit tobacco or manage your weight, you can work with a wellness coach to build a plan tailored just for you. To schedule a phone appointment, call 1-866-862-4295 between 7 a.m. and 7 p.m., Monday through Friday.
- ChooseHealthy™ - Receive preferred rates on select fitness club memberships, and get reduced rates for health services, such as: chiropractic care, acupuncture, and massage therapy. No referral necessary.

Call (877) 335-2746 or visit kp.org/choosehealthy.



- Save 10 to 25 percent on various wellness resources including: Nutrisystem, Jenny Craig and other popular programs.
- Fitness club discounts including: Curves, Anytime Fitness, MyGym, Snap Fitness, Gold's Gym, and more.
- For more information on all of the above mentioned discounts and more, log on to www.myuhc.com or call (800) 367-2660.

