



Mind and body

Natural products and services discounts

A little help reaching your best health

Relax and renew

There are many paths to your best health. Your Aetna® plan can help you find a natural one. You get discounts on natural therapy services and more through the ChooseHealthy® program.



Built-in plan discounts with no referrals, claims or limits. Your family can use them, too.

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

Provider discounts on services

Whether you're feeling pain or stress, or just want to relax, you have options.*

You get discounts on:

- Massage therapy
- Acupuncture
- Chiropractic visits
- Nutrition services

More savings

You can also save on a wide range of popular health and fitness products such as wearables, fitness kits and more. With free standard shipping on all orders.

You have two ways to order through ChooseHealthy:

- **Online:** Create a member account at check out to get a discount on all future orders.
- **By phone:** For more information or help finding a provider, call toll free at **1-877-335-2746**, 5 a.m. to 6 p.m. PT, Monday through Friday.



How to get started

Log in to **aetna.com** and look for the "Health & Wellness" tab. Scroll down to the "Natural Products & Services" tile. Create an account to receive discounts.

You'll find discounts on natural products, services and much more.

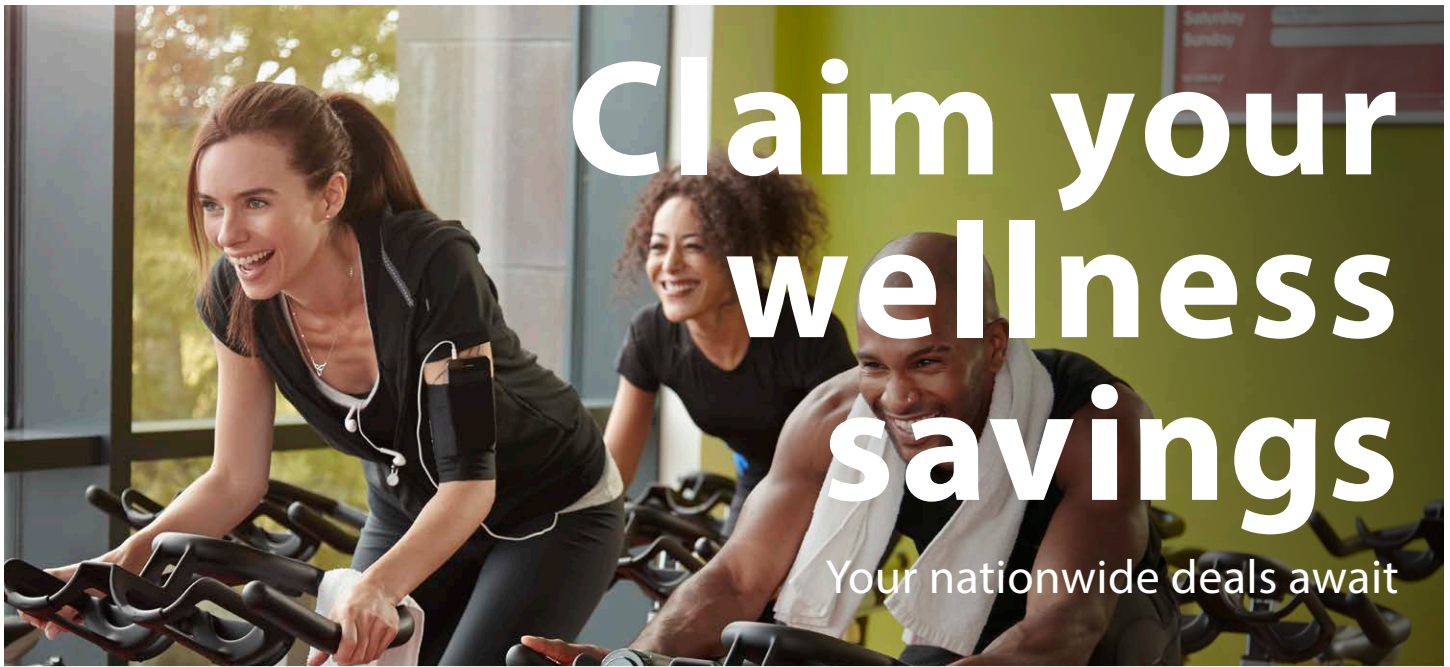
*Through the ChooseHealthy® program, which is made available through American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

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Gyms • Fitness Gear • Nutrition • Health & Well-Being • And More!

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LifeMart Member Discount Program

Browse major savings on major brands for all your health and wellness needs. LifeMart is your association's way of saying thanks for your hard work and helping you keep more of your paycheck.

Access LifeMart anywhere, anytime, on any device. It's the fast and easy way to:

- **Save money** on everything from gyms to car rentals, gifts to groceries, electronics to entertainment and much more.
- **Save time** with instant, one-stop shopping—no need to run out to the store or search the web.
- **Shop as often as you like:** the more you shop, the more you save—no limit!
- **Have fun** discovering exclusive new deals on the brands you love—offers are updated regularly.

Plus, you can access LifeMart discounts anywhere, anytime, with the LifeMart mobile app*. Simply download the app and you can browse major savings on the go. Available for download in the Google Play Store and iTunes Store.

**Pre-registration is required.*

Not a member? Sign up!

www.aetna.com

Log in with your user name and password.

Click on the **Health & Wellness Tab > Health & Wellness Discounts > Click on any of the Health and Wellness tiles to access the LifeMart Discount Website**