



GetWell's
getliving – Wellness Services

A comprehensive way to help you take charge of your health

\$19/mo

In today's fast-paced society staying healthy is challenging. That's why so many families who are devoted to staying fit find programs that help them maintain optimal health. GetLiving takes an all-inclusive approach to wellness by providing **discounts on health coaching, fitness programs, diet and nutrition planning, vitamins/supplements and even immunizations**. Its numerous benefits will help you take control of your family's health — and save you money. If you are serious about being healthy, GetLiving is for you.



Fitness Programs



Diet and Nutrition Planning



Preventive Health Program



Vitamins & Supplements



Immunizations

Disclosures:

THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance. This plan does not meet the minimum creditable coverage requirements under M.G.L. c. 111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. **THIS IS NOT A MEDICARE PRESCRIPTION DRUG PLAN.*** The plan provides discounts at certain health care providers for medical services. The range of discounts will vary depending on the type of provider and service. The plan does not make payments directly to the providers of medical services. Plan members are obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount medical plan organization. You may access a list of participating health care providers at Member.Getwellsurebridge.com. Upon request the plan will make available a written list of participating health care providers. You have the right to cancel within the first 30 days after receipt of membership materials and receive a full refund, less a nominal processing fee (nominal fee for MD residents is \$5). Discount Medical Plan Organization and administrator: **Careington International Corporation**, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380.

The plan and its administrators have no liability for providing or guaranteeing service by providers or the quality of service rendered by providers. This plan is not available in Montana and Vermont. This plan is not currently available in Washington. *Medicare statement applies to MD residents when pharmacy discounts are part of plan.

Discounts on: Fitness, Alternative Medicine and Chiropractic Services



GetLiving members are also part of the ChooseHealthy® membership program — which provides access to a wide variety of specialty health care programs. As a GetLiving member you can:

- Utilize a network of more than 29,000 credentialed specialty health care practitioners nationwide that includes more than 21,000 chiropractors.
- Receive a 25% discount off normal service fees for this specialty health care network — including service from chiropractors, massage therapists, acupuncturists and registered dietitians.
- Get a minimum 10% discount off initiation fees and/or monthly dues at 12,000 fitness clubs and exercise centers nationwide (may apply to new fitness facility members only). Additionally, members may try a participating facility for a free one-week trial membership or one free introductory session prior to joining.
- Receive discounts on a wide variety of health and wellness products including vitamins, minerals, supplements, skin care items, homeopathic remedies, health-related books and DVDs, fitness products and sports nutrition items, with free shipping on most orders.



Please note that this is an affinity discount program; it is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The discount program provides for discount specialty health care services from participating practitioners. You are obligated to pay for all health care services but will receive a discount from those health care practitioners who have contracted with the discount program. The discount program does not make payments directly to the participating practitioners in the discount program. The discount program has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered.

ChooseHealthy is a federally registered trademark of American Specialty Health Incorporated and used with permission herein.

Discounts on:

Diet and Nutrition Planning – Healthy, balanced meals for your family



You can save time and money by cooking at home while providing your family with fully-balanced, healthy meals as GetLiving makes eating at home both easy and healthy. Through our association with MealEasy we provide our members with more than 2,000 chef-designed meals to choose from and offer many customizable features.

Choose recipes from a variety of different meal plans such as balanced, heart-healthy, diabetic, vegetarian and gluten free. When you click on a recipe you can also see the cooking instructions and the preparation time, plus you get the nutritional facts of the meal and even an item-by-item shopping list. GetLiving provides you with a "one-click meal planning system" that makes it easy to plan meals and even plan a menu for the entire week.



GetLiving members have access to the MealEasy website, where there is a live chat feature, email address and phone number to call. In addition, access is also available to MealEasy through Facebook and Twitter — and MealEasy can even be accessed using your smart phone. Stay motivated by making healthy-eating easy, convenient and effective:

- Choose from more than 2,000 chef-designed meals
- Meal plans that are easy to stick to
- Customized calorie ranges aid weight loss and weight control
- Pick healthy meals based on cost
- Hundreds of freezer-friendly recipes
- Easily exclude unwanted ingredients
- Save time and money by making meals at home
- Step-by-step cooking instructions and telephone support

Discounts on:



Your source for preventive health programs

With our single source preventive solution, GetLiving helps optimize our member's health through reduced health risks and disease intervention, and by establishing specific goals and objectives pertaining to their wellness. Through a complete online preventive suite, provided by Trotter Wellness®, GetLiving provides health risk assessments, program interventions, health information and decision support tools*. Our member services include:

- **Health Risk Assessment:** Online access to the NCQA Certified Advantage Health Risk Assessment (HRA). The HRA provides a comprehensive health assessment to address major lifestyle factors and improve overall quality of life.
- **Personal Wellness Profile:** A detailed report that informs a member of their health assessment survey results. The report is easy for participants to read and understand.
- **Healthy Living Guidelines Streaming Videos:** Videos that guide members through their personal wellness report and help them overcome risks and achieve optimal health.
- **WellNotes Monthly Newsletter:** A monthly electronic newsletter with current health headlines, tips and recommendations for living a healthy lifestyle.
- **Online Wellness Center:** A comprehensive online resource that contains health articles, calculators, quizzes and current information on a variety of health topics.
- **Health Activity Tracker:** Online tool that tracks health and lifestyle changes.
- **Lifestyle Change Modules:** The Living Life Series empowers members to achieve wellness goals with evidence-based, cognitive behavioral trainings that can change the way they think about themselves and their lifestyles.
- **Optimal Health Coaching:** Members who complete the HRA will have access to a professional health coach. Appointments can be scheduled online through the member portal. Professional health coaches review HRA results and help members set individual plans and goals. Members have access to Health Coaching all year long.

About Optimal Health Coaching

Telephonic Health Coaches are health professionals with various backgrounds and degrees, including registered nurses, certified fitness trainers, registered dietitians, smoking cessation facilitators and certified health education specialists.

A personal health coach creates a health action plan that identifies member's strengths and helps to achieve optimal health. Frequency and length of sessions are based on the member's risk level and readiness to improve.

** Trotter Wellness® ensures the confidentiality of all participants' personal information.*

Discounts on: Vitamins and Nutritional Supplements



GetLiving members receive a 10% discount on all Swanson Health Products. Swanson Health Products is the leader in affordable vitamins and offers GetLiving members discounts on products related to:

- Blood pressure
- Blood sugar
- Calcium and bone health
- Cardiovascular health
- Children's health
- Cholesterol
- Digestive health and fiber
- Fitness and energy
- Herbs
- Homeopathic remedies
- Immune support
- Joint health
- Memory and brain support
- Mood and emotional health
- Stress relief and sleep

GetLiving members also have access to:

- Flat-rate shipping of \$4.99 on any size order shipped within the 48 contiguous states.
- Swanson's 100% Money-Back Guarantee: If a customer is not satisfied with a product for any reason, the total cost of the product is refunded when returned within one year from the purchase date, including return shipping and handling on domestic orders.
- Outstanding customer service is available 24 hours a day, 7 days a week. Phone, email and live chat representatives have been trained to efficiently handle members' concerns with a high degree of product expertise and professionalism.
- In-depth articles, expert information, supplement facts, email newsletters and many other leading tools both in Swanson's catalog and on the website.



Key Features:

- Deal of the Day: Different products are listed on the website each day at specially marked-down prices.
- Health Library: Contains an abundance of useful information, such as a radio talk show with a doctor, full-length articles written by acclaimed doctors and natural health practitioners, videos that offer answers, healthy recipes and much more.

Discounts on: A Wide Range of Immunizations



Participating Walgreens pharmacies nationwide offer GetLiving members a wide range of vaccinations at discounted prices. With more than 25 vaccinations available at reduced rates — including vaccines for the flu, Hepatitis, HPV, Meningitis and many others — these are the prices GetLiving members pay at their local Walgreens pharmacy:

INFLUENZA AND PNEUMONIA

Vaccine Type	Brand	Rates
Injectable Influenza	Trivalent Inactivated Influenza vaccine Multi-dose Vial and Preservative-Free	\$25.99
Pneumococcal	Pneumovax® 23	\$73.50

OTHER IMMUNIZATIONS

Vaccine Type	Brand	Rates
Hepatitis A Adolescent	VAQTA® Adolescent	\$57.00
	HAVRIX® Adolescent	\$57.00
Hepatitis A Adult	HAVRIX® Adult	\$105.25
Hepatitis A and B	TWINRIX®	\$139.25
Hepatitis B Adult	ENGERIX B® Adult	\$96.50
Hepatitis B Adolescent	RECOMBIVAX HB® Adolescent	\$50.25
	ENGERIX B® Adolescent	\$50.25
Human Papillomavirus – HCV4	GARDASIL®	\$177.50
Human Papillomavirus – HCV2	Cervarix®	\$177.25
Meningococcal MCV4	Menactra®	\$129.00
	Menveo®	\$129.00
Meningococcal MPSV4	Menomune	\$128.00
MMR	M-M-RII®	\$96.50
Td	TETANUS AND DIPHTHERIA TOXOIDS ADSORBED	\$51.00
	DECAVAC®	\$51.00
Tdap	BOOSTRIX®	\$57.50
Varicella	VARIVAX®	\$140.25
Herpes Zoster	Zostavax®	\$199.50
Rabies	Imovax	\$294.25
	RabAvert	\$267.50
Live Typhoid Oral Vaccine	Vivotif Berna/Ty21a	\$66.50
Inactivated Typhoid	Typhim Vi	\$87.00
Inactivated Polio	IPOL	\$56.50
Yellow Fever	YF-VAX	\$121.25
Japanese Encephalitis	JE-VAX	\$153.50
	Ixiaro	\$239.00

Immunizations are subject to availability. State, age and health condition-related restrictions may apply. This is a discount plan. It is not insurance.



GetWell's
getliving – Wellness Services

A comprehensive way to help you take charge of your health

Get Healthy. Stay Healthy.

In addition to GetLiving – Wellness Services, GetWell offers a whole suite of wellness products.



GetWell's
getmore
Discount Services



GetWell's
gethealth
Medical Assistance



GetWell's
getsure
Life Line Screening

GetWell's **GetMore** health-related services bridge the gap between your health plan and your budget with significant discounts on dental, vision and prescription services.



Dental



Vision



Pharmacy



Alternative
Health &
Wellness

GetWell's **GetHealth** is convenient medical help — including secure online access to your records and 24/7 phone or Web access to physicians who can prescribe medication.



Physician
Consult



Ask-A-Nurse



Health
Advocacy



Medical
Documents

GetWell's **GetSure** offers an affordable, one-time Life Line Screening that actually looks for undetected health conditions — allowing you to be confident about your health.



Possibility
of Stroke



Abdominal
Aortic
Aneurysm



Atrial
Fibrillation



Peripheral
Arterial
Disease (PAD)

Visit getwellsurebridge.com to learn more.

