



Save on eDiets[®], Jenny Craig[®] and Nutrisystem[®]

Aetna Weight ManagementSM Discount Program

Lose weight and feel great

You can get support making it happen today with the Aetna Weight Management discount program.

You'll save on some of today's most popular weight-loss programs and meal plans from eDiets, Jenny Craig and Nutrisystem. Family members on your health plan can save too!

You get this program at no extra cost

It's built right into your Aetna health benefits and insurance plan. And it's easy to get started. Once you're an Aetna member, just log in to your secure member website at www.aetna.com. Then choose the program that works best for you.

Save on eDiets

You can choose an online diet plan or a meal delivery plan — with food shipped right to your door.

Ways you can save

- 30% off online monthly plan membership dues
- 20% off an online annual plan when you upgrade from a monthly plan
- 15% off the cost of food for a 5- or 7-day Meal Delivery Plan
- 15% off products in the eDiets Online Store, like exercise equipment, DVDs, vitamins and more

What else you get

- Customized menus, recipes and food options
- Personalized fitness plan
- Food Journal, Dining out Guide and other diet tools
- Phone, chat and e-mail support from registered dietitians

A healthy weight can lower your risk for heart disease, high blood pressure and diabetes.



Save on Jenny Craig

Choose a sensible weight-loss program that helps you lose the weight — and keep it off.

Ways you can save

- Start with a free 30-Day Trial Program*
- Then, get 25% off a Jenny Craig Premium Program* when you sign up through:
 - > Participating Jenny Craig centres
 - > Jenny Craig At Home

What else you get

- Weekly one-on-one consultations
- Personalized menus
- Plans to help you get and stay active
- 24/7 online support, live chat and Jenny eTools

Save on Nutrisystem

Control your calories with over 150 tasty food choices. They're single serve and easy to make.

Ways you can save

- Save 12% off any 28-day weight-loss meal plan**
- Get an even bigger discount with Auto-Delivery**
- Enjoy other offers available when you sign up

What else you get

- Tasty food delivered right to your door
- Easy-to-follow meal plans
- Unlimited web or phone counseling with a trained dietician
- Free online membership

Stay healthy and save.

Log in to your member website at www.aetna.com to get started.

*Food and, if applicable, shipping not included. Offer applies to initial membership fee only and is valid at participating centres in the U.S., Canada and Puerto Rico, and through Jenny Craig At Home. Each offer is a separate offer and can be used only once per person. Restrictions apply.

**For these plans: Basic, Silver, Diabetic, Vegetarian or NutriSystem Select™, not NuKitchen Fresh for Nutrisystem and Nutrisystem Flex. The Aetna discount offers do not apply to any program in which you are already enrolled. To receive the discounted rate, you must wait until your current program ends. If you are enrolled in Auto-Delivery, you must cancel it and then re-enroll to receive the discounted rate. With Auto-Delivery, you receive a 10 percent discount off the regular 28-Day Program price and free shipping to Continental U.S.

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

This material is for information only. Discount programs provide access to discounted prices and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Health benefits and health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23, GR-29 and/or GR-29N.

