

# 2015

## 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.*

### ANTHEM BLUE CROSS

- Jenny Craig (800) 597-JENNY or (800) 597-5366 or [www.jennycraig.com/corporatechannel/eretail.aspx](http://www.jennycraig.com/corporatechannel/eretail.aspx)
- GlobalFit (800) 294-1500 or <http://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.
- Lindora Lean for Life (800) LINDORA [546-3672] Receive 20% off of in-clinic programs or 20% off all other products and services.
- Weight Watchers Online [www.weightwatchers.com/cs/index.aspx?path=cs/anthem](http://www.weightwatchers.com/cs/index.aspx?path=cs/anthem)

For more information, log on to [www.anthem.com/ca/countyoflosangeles](http://www.anthem.com/ca/countyoflosangeles) and click on “Special Offers” or call the customer service phone number at (866) 940-8303

### CIGNA

Cigna Healthy Rewards includes special discounts on programs and services designed to help enhance your health and wellness. The offers include brand names such as Jenny Craig, Pearle Vision, Curves and more.

This program is separate from Cigna coverage. The services don't apply to your plan's copays or coinsurance. No doctor's referral is required. Set the appointments yourself, show your ID card when you pay for services and enjoy the savings.

Discounts are available for the following health and wellness programs:

- Weight Management & Nutrition
- Tobacco Cessation
- Vision and Hearing Care
- Healthy Lifestyle Products
- Fitness
- Mind/Body
- Alternative Medicine
- Dental Care

For a complete list of Healthy Rewards vendors and programs, visit [www.mycigna.com](http://www.mycigna.com) or call customer service at (800) 870-3470 and ask about the Healthy Rewards programs.

### KAISER PERMANENTE

- Every Kaiser Permanente facility provides some health education classes, such as weight loss, disease management, and smoking cessation for their members (some classes may require a fee). Topics and availability vary at each facility. For more information log on to [www.kp.org](http://www.kp.org) or call the Healthy Living Helpline at (866) 402-4320.
- Kaiser Permanente members are eligible for 25% off regular rates for complementary health services through American Specialty Health (ASH) such as chiropractic care, acupuncture, and massage therapy. Also, preferred rates on selected fitness club memberships. No referral is necessary. Visit [kp.org/healthyroads](http://kp.org/healthyroads) or call (877) 335-2746.
- Choose Healthy – Receive discounts at participating fitness centers. Call (877) 335-2746 for a current list of participating fitness centers or visit [kp.org/choosehealthy](http://kp.org/choosehealthy).

### UNITEDHEALTHCARE

- 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.uhctest.com](http://www.uhctest.com) or call (888) 842-4224.