



You can cut expenses on a variety of health care products and services.



Take advantage of the Accessories Program to save on fitness center memberships, eyeglasses, chiropractic care, vision care and more.

For More Information on the Accessories Program :

■ Call

The Toll-free Telephone Number on Your Member ID Card.

ASH Networks (877) 335-2746  
EyeMed Vision Care (866) 559-5252  
U.S. Laser Network (877) 552-7376  
Fitness Centers – Geisinger Health Plan/Geisinger Choice Web Site

■ Go Online

thehealthplan.com (Member Section)



Important Information about the Accessories Program

The Accessories Program is made available solely for the convenience of those members who are interested in the discounted health items and services offered. Geisinger Health Plan and Geisinger Quality Options, Inc. do not endorse the individual practitioners, services and products of the Accessories Program.

The products and services in the program are neither offered nor guaranteed under any Geisinger Health Plan or Geisinger Quality Options, Inc. benefit programs.

Special offers on Weight Watchers programs vary by county. Members should call the Customer Service Team at the phone number on their member identification card for more information.

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Accessories Brochure

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# Accessories Program



# Health & Fitness Savings

## Stretch your benefits

With the Accessories Program, you can get discounts on everyday health-related items, as well as tools to help you stay fit. Combine these discounts with your access to our excellent network of health care providers and a variety of wellness and health management programs — and get the most from your coverage.

### What health discounts are available?

If you want to lose a few pounds, join a health club, or purchase eyeglasses or contact lenses, take a look. You can get discounts or special offers on the following services and products:

- **Fitness Center Discounts** – Receive a discount on memberships at participating fitness centers. See the most up-to-date list of these centers on our Web site.
- **Weight Watchers®** – If you're looking for help taking off a few pounds, consider joining Weight Watchers. It can teach you how to lose weight safely and keep it off through a combination of support and flexible food, activity and maintenance plans. Please see the back of this brochure for more information.
- **Safe Beginnings®** – Save 15 percent on select child and family safety products, as well as baby care accessories. Receive online discounts on a large selection of childproofing and family safety items, such as safety gates, cabinet locks, outlet covers, window guards, fire escape ladders, and first aid kits. You also will find specialty baby and toddler products such as car seats, a European feeding chair and an infant safe play mat. For a complete

list of products, visit the Safe Beginnings section of our Web site or call customer service.

- Receive a discount on sporting equipment, clothing and related accessories which promote health and wellness at participating sporting goods stores. See the most up-to-date lists of participating stores on our Web site.
- Receive a discount on top-name breast pumps from [www.breastpumpdeals.com](http://www.breastpumpdeals.com). Visit the Web site for more information, or call (888) 315-2607.

### What about specialty health services and products?

ChooseHealthy™ provides discounts on complementary health care services, such as:

- **Chiropractic Care** – Many people find chiropractic treatment to be beneficial, especially for ailments such as lower back pain and headaches originating in the neck. Receive a 25 percent discount off the usual fee for services from any American Specialty Health Networks chiropractor. This includes mobilization and adjustment of tissues and joints. It may also include x rays, ultrasound, cold pack treatments or electrical muscle stimulation.
- **Massage Therapy** – It's often used to alleviate stress and boost blood flow. Visit any ASH Networks massage therapist and receive a 25 percent discount on fees.
- **Acupuncture** – Used to treat back pains, head-

aches, chronic pain and neurological disorders, acupuncture is a way to modify or prevent pain. Receive a 25 percent discount from ASH Networks providers.

- **Fitness Centers** – In addition to our own fitness center network, members have access to fitness centers through ASH Networks. Visit the Web for a complete list.
- **Health Products** – Receive a 15 to 40 percent discount through Choose Healthy™, plus free standard shipping on health products, including vitamins, nutritional supplements, exercise DVDs and much more. (Products are available through ASH Networks.)

### Are vision services included?

Yes. The program includes ways to cut costs on vision care products and services.

- **Eyewear and Eye Exams** – Get substantial savings through LensCrafters®, Target Optical, Sears Optical® and most Pearle Vision Centers®, as well as independent providers. Receive a \$5 discount on routine examinations and \$10 off contact lens exams. Discounts are available on eyeglass lenses, frames, coatings, tints, lens treatments, and conventional (not disposable) contact lenses.
- **Mail Order Contact Lenses** – You can receive replacement conventional lenses by mail. Ordering is easy, either online or by calling EyeMed Vision Care at (866) 559-5252. The contact lenses will be shipped directly to you.

Lenses are 100 percent guaranteed. (Other Accessories Program discounts do not apply.)

- **Laser Vision Correction** – Save 15 percent off the regular price for LASIK and PRK treatments (or 5 percent off promotional prices) through U.S. Laser Network. This includes pre- and post-operative care. LASIK and PRK procedures must be performed at a LasikPlus Center to receive discounts. Pre- and post-operative care may be received from other providers, but members will be responsible for costs.

### Is it simple to get the discounts?

Yes. All you need is your member ID card, or use the online services available. No referrals are needed. There is no charge for using the Accessories Program. It's part of your health care coverage.

Your health plan may already cover some services available through the Accessories Program. You should exhaust our covered benefits first, before taking advantage of the Accessories Program.



Members can visit [thehealthplan.com](http://thehealthplan.com) for more information.

ChooseHealthy is a trademark of American Specialty Health Networks, Inc. ChooseHealthy is a discount program; it is not insurance. ChooseHealthy provides discount complementary health care services from participating providers. You 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 plan. ChooseHealthy does not make payments directly to participating providers in the discount plan. ChooseHealthy has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered.