

Discounts & Savings

for New Hampshire members

To help you and your family on your path to well-being



Vision

- **Visionworks:** Get a **free** pair of prescription eyeglasses with your covered routine eye exam.¹ Also, save 40% on frames.
- **Vision discounts at popular locations:** Save 35% on frames when you buy a complete pair of glasses. Save 20% on any frame or lens options purchased separately, or save 20% on other lens add-ons and services. Locations include: Target Optical, JC Penney Optical, Pearle Vision, Lenscrafters and other EyeMed access network optical providers.²
- **Laser vision correction:** Save up to 50% on procedures from Davis Vision, QualSight LASIK and US Laser Network locations in NH, MA, CT and ME.



- **InsideTracker:** Save 25% on a science-based, personalized nutrition plan based on your blood test results.
- **Jenny Craig:** Free three-month program (food not included), plus \$120 in food savings (purchase required).³ Or, save 50% off their premium programs (food cost separate).⁴
- **Savor Health:** Save \$15 on each week of fresh, nutritious menu plans or meals for cancer patients and their caregivers.
- **Savory Living:** Save 25% and try the first session for free. This online, healthy eating lifestyle program empowers you to take control of how you eat and feel.
- **The Dinner Daily:** Save 25% on this weekly meal planning service that makes dinnertime easy, healthy and affordable.

Hearing

- **Amplifon Hearing Health Care:** Save on hearing services and save up to 50% on hearing aids. Plus, one year of follow-up services is included with purchase. More than a dozen locations in NH.
- **TruHearing:** Save 30-60% on hearing aids. You'll get state-of-the-art technology from top manufacturers, solutions for every type of hearing loss and personalized help.



Fitness

- **Appalachian Mountain Club:** Save 20% on individual and family memberships. Use your membership for all kinds of outdoor activities to keep you healthy and fit.
- **Boston Ski & Sports Club:** Save 23% on annual membership, with access to fun ways to stay active and healthy, such as playing sports, skiing, traveling and connecting with other enthusiasts in the region.
- **ProSourceFit:** Save 20% on your entire order of high performance products for strength and resistance workouts, yoga and Pilates, and muscle recovery.
- **Runner's Alley:** Save 15% on regularly priced footwear. Locations in Concord, Manchester and Portsmouth.



Healthy Eating

- **DASH for Health:** Save 50% on a six-month online subscription. DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.
- **Eat Right Now:** Save 25% on a subscription to this mindful eating app that combines neuroscience and mindfulness to reduce your craving-related eating by 40%.



¹ You must have an eye exam and choose eyeglasses during the same visit. Additional restrictions apply.

² Valid at participating locations only. Restrictions apply.

³ Valid for 3-month trial membership. Weekly full menu average \$156 (before discount) and any shipping costs not included. Discount split over 12 consecutive weeks with full menu purchase. Valid at participating centers and Jenny Craig Anywhere. New members only. No cash value. Not valid with any other offers or discounts. One offer per person.

⁴ 50% off enrollment and/or membership fees for eligible premium programs. Weekly full menu average \$156 (before discount) and any shipping cost not included. No cash value. Not valid with any other offer or discounts. Valid at participating locations and Jenny Craig Anywhere. New members only.

The savings programs featured in this flyer are not insurance products. Rather, they are discounts for programs and services designed to help keep members healthy and active. All programs subject to change without advance notice.



Holistic Wellness



- **Ava Fertility Tracker:** Save 10% on the Basic Bundle or 15% on the Plus Bundle. Both include the bracelet and app services to help you find your fertile window, track your pregnancy or better understand your body.
- **Complementary and Alternative Medicine:** Save up to 30% on services offered through our partnership with WholeHealth Networks. According to the National Center for Complementary and Integrative Health, complementary and alternative medicine approaches, such as acupuncture⁵, spinal manipulation and chiropractic care⁵ may be effective in managing painful conditions such as back pain, osteoarthritis, neck pain, headaches and migraines, and fibromyalgia.
- **DharmaCrafts:** Save 15% on all meditation cushions and restorative yoga mats for your mindfulness meditation practice.
- **FertilityIQ:** 20% off this online platform to assist with all your fertility and family building needs. Includes courses led by experts and access to verified patient reviews of every fertility doctor & clinic in the U.S.
- **Magic Weighted Blanket:** Save 25% on “the blanket that hugs you back.” These blankets have a calming, comforting and soothing effect and come in a wide assortment of fabrics, colors and sizes.
- **Mighty Well:** Save 15% on products that help patients manage their lives with dignity, confidence and style, including PICC line covers, cozy wraps and more.
- **Mindful Magazine:** Get 67% off the cover price when you subscribe.
- **Ompractice:** Save up to 40% on an unlimited membership to 75+ remote group yoga classes. These live classes are held via two-way video, so your teachers can see and support you in real time from the comfort of your own home.

- **The Original Healing Threads by Spirited Sisters:** Save 20% on their clothing, perfect for people with knee or hip replacements, leg and foot problems, upper body radiation and chemotherapy treatments, or recovery from heart surgery. Also ideal for nursing moms and anyone who has difficulty with gross motor skills.
- **Unwinding Anxiety®:** Save 25% on a subscription to this step-by-step program, available on your smartphone or tablet. Uncover triggers, identify your habits, break the cycle of worry and panic, and learn anti-anxiety tools.
- **Ten Percent Happier:** Get the first month free. Subscribe to the rest of the program for \$14.99 per month or \$99.99 per year for this online meditation program.

Quit Smoking

- **Craving to Quit:** Save 25% on this smartphone-based program to help you quit smoking. 
- **QuitSmart:** Save 30% on this program that offers hypnosis, medication recommendations and a patented simulated cigarette.

Family & Senior Care

- **CareScout Advocacy Program:** Save 20% on this program and connect with trained care advocates to help your family assess needs and find adult day care, home health care services or facility care. 
- **Great Call:** Save 20% on innovative, easy-to-use mobile products that help aging consumers live more independent lives.
- **Home Instead Senior Care:** Get a one-time \$100 credit toward charges for routine services at participating offices and get a free home safety inspection at the start-up of services. Home Instead provides high quality, trusted home care to help seniors remain in their homes.
- **Vigorous Mind:** Save 10% on this personalized, science-based, online program for maintaining brain health and quality of life after 50.

⁵ Does not replace or supplement coverage under your Harvard Pilgrim medical benefits plan. Some plans include chiropractic and/or acupuncture coverage, in which case the provider networks and benefits differ. Consult your Benefit Handbook or call Member Services for details.

Find more discounts at [harvardpilgrim.org/discounts](https://www.harvardpilgrim.org/discounts).

Already a member? (888) 333-4742

Not a member? (800) 848-9995

TTY: 711.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.