



Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions



## Save on CalorieKing<sup>®</sup>, eDiets<sup>®</sup>, Jenny Craig<sup>®</sup>, Nutrisystem<sup>®</sup> Weight Management Discounts

Here's a way to save on some of today's most popular weight-loss programs and diet and meal plans.

**You get these weight management discounts at no extra cost.** They are available to you as part of your Aetna health benefits and insurance plan. Family members may be able to take advantage of them, too.

Plus, it's easy to get started. Once you're an Aetna member, just log in to your secure member website at [www.aetna.com](http://www.aetna.com). Then choose the program or plan that works best for you.

### Save with CalorieKing!

Learn to control your weight long term.

- Join an annual or monthly CalorieKing Program, then get a 7-day free trial period.\*
- You'll get a discount when you continue your annual program membership.\*\*
- With either an annual or monthly program membership, you also save on products in the CalorieKing online Store.

\*You can cancel your program membership at any time during the first 7 days by logging in to the program and following the instructions in Payment and Account Details under Account Settings. If you do not cancel during the first 7 days, your credit card will be charged on the 8th day.

\*\*If you are already a CalorieKing member, you will need to terminate your current CalorieKing account and rejoin to receive the Aetna discounted membership price.

\*\*\*Offer good in the continental U.S., Alaska and Hawaii only.

†If you are already an eDiets member, you will need to cancel your current membership and re-enroll to receive the Aetna member discounted rate.

### What else you get

- Personalized goals, based on your body and what's right for you
- Lessons and interactive tasks that guide you through the stages of weight loss and weight maintenance
- CalorieKing's Food and Exercise Diary to help you track the calories you take in, as well as physical activity
- CalorieKing's extensive food database, with calorie, carbohydrate and nutritional information
- Free copy of *The CalorieKing Calorie, Fat and Carbohydrate Counter* book\*\*\* when you join the annual program

### Save with eDiets!

Choose a Meal Delivery Plan with food shipped right to your door. Or go for an Online Diet Plan.

Get a discount on:†

- The cost of food for a 5-day or 7-day Meal Delivery Plan
- The Online Diet Plan monthly or annual membership

### What else you get

- One-on-one professional support
- Customized menus, recipes and convenient food options
- eDiets Nutrition Tracker, Food Journal and Dining Out Guide
- Live phone, chat, e-mail support from registered dietitians
- 24/7 online member support

### Save with Jenny Craig!

You can choose from these offers:

- FREE 30-Day Program\*
- Percent off a Premium Program\*

### Jenny Anywhere!

Jenny has two options to choose from:

- Get weekly, face-to-face support and motivation at one of over 600 locations.
- Enjoy the convenience and privacy of getting your support and motivation over the phone each week.

### What else you get

- One-on-one support from your personal consultant
- Planned and personalized menus
- Online support and free e-tools

### Save with Nutrisystem!

Lose weight and learn how to keep it off.

- Save on any 28-Day Nutrisystem® Success™ weight-loss meal plan.\*\*
- Get other offers when you purchase a plan.
- Enjoy a larger discount when you sign up for Auto-Delivery.\*\*\*

### What else you get

- Over 150 menu items
- High-quality, daily protein shakes for even better hunger control
- My Daily 3™ personalized activity plans to help you get moving
- Transition and maintenance plans to help you keep the weight off
- Convenience, online tools and coaching

**Save money and lose weight.**  
With discounts that come with your Aetna health plan. Log in to your secure member website to find out more. [www.aetna.com](http://www.aetna.com)

\*Plus the cost of food. Plus the cost of shipping, if applicable. At participating centres. Restrictions apply.

\*\*The Aetna discount offers do not apply to any plan in which you are already enrolled. To receive the discounted rate, you must wait until your current plan ends. If you are enrolled in Auto-Delivery, you must cancel it and then re-enroll to receive the discounted rate.

\*\*\*Offer good on new 28-Day Auto-Delivery orders only. With Auto-Delivery you receive a discount off Nutrisystem's regular 28-Day Plan price and free shipping to the continental U.S. only.

**Health benefits and health insurance are offered, underwritten and/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 Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. 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. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Discount offers provide access to discounted services 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. 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](http://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 and/or GR-29/GR-29N.

[www.aetna.com](http://www.aetna.com)