



Harvard Pilgrim
Health Care

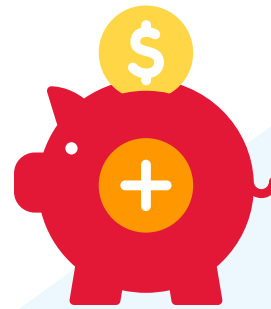
a Point32Health company

Harvard Pilgrim Medicare Advantage StrideSM (HMO)/(HMO-POS) Discounts & Savings



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As a Harvard Pilgrim member, you and your family have access to exclusive discounts on health and well-being products and services.

A version of this booklet with discount codes and links to services is available on your member portal. Log in at harvardpilgrim.org/strideportal or by clicking the button below.

Don't have an account? Sign up for your secure member portal at harvardpilgrim.org/create. You will need your Harvard Pilgrim ID card and your Medicare card to create your account.

Family and Senior Care

Home Instead Senior Care

• \$100

Get a one-time \$100 credit toward charges for routine services at participating offices and a free home safety inspection (\$75 value) at the start-up of services. Home Instead provides high-quality, trusted home care to help seniors stay in their homes.

Life Cycle Transitions

• 20%

Save on a variety of services that help members with chronic health problems stay well at home or transition to a new location. Savings include a 20% discount for services such as relocation & downsizing, help to address a distressed home, cleaning, hoarding assistance, and more.



Lively

• 20%

Get 20% off all Lively products. With health and safety solutions for older adults and their family caregivers, Lively's innovative, easy-to-use mobile products and customer care helps aging consumers live more independent lives.

Vigorous Minds

• 10%

Save 10% on this science-based, personalized program for maintaining brain health and quality of life after 50. Vigorous Mind is a web-based platform that includes activities like cognitive training, physical training, enrichment, stress reduction, and socializing. Enjoy your favorite music and videos, play fun brain games, go on virtual tours to countries, reminisce with fun facts and challenging trivia, create your life story, and much more.



Fitness

Daily Burn

• 25%

Start today and get a 30-day free trial followed by 25% off your monthly membership.

At the end of your 30-day free trial, Daily Burn will automatically charge your card \$14.96 USD/month until you cancel. No refunds or credits for partial months. Additional taxes may apply.

ProSourceFit

• 20%

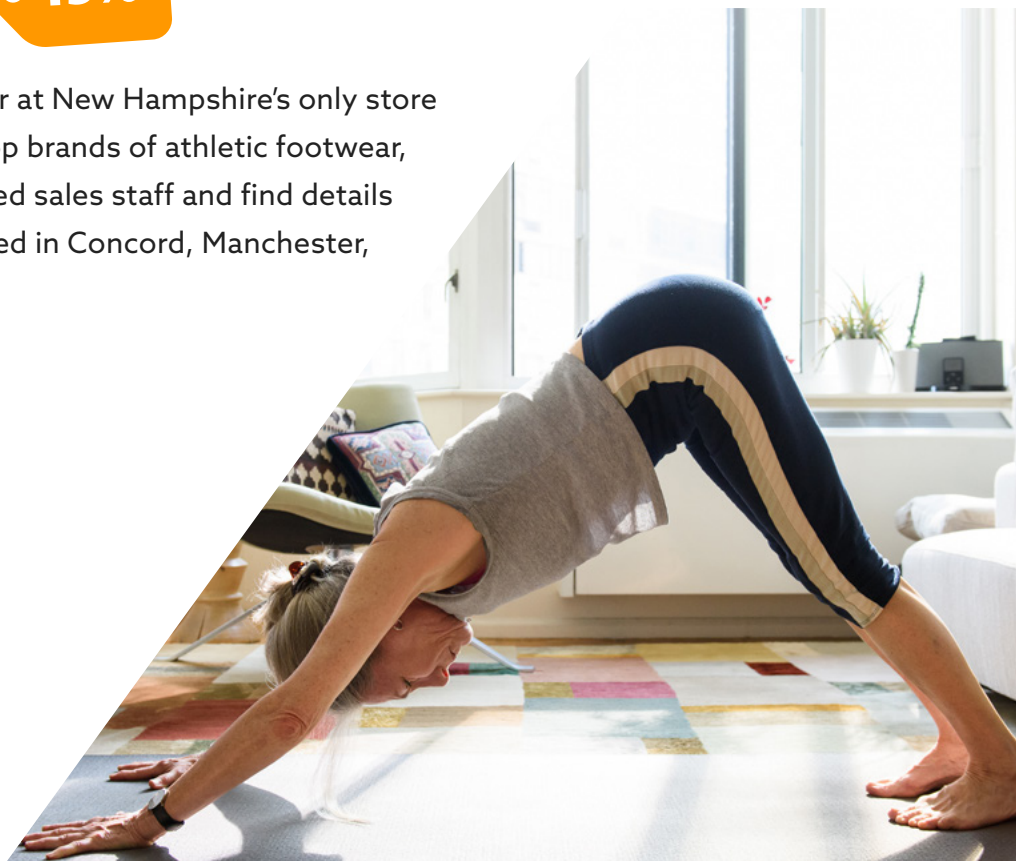
Save 20% on your entire order of fitness products.

ProSourceFit makes high-performance products for strength and resistance workouts, yoga and Pilates, and muscle recovery.

Runner's Alley

• 15%

Save 15% on regularly priced footwear at New Hampshire's only store dedicated to runners. Choose from top brands of athletic footwear, get personalized help from experienced sales staff and find details about regional races. Stores are located in Concord, Manchester, and Portsmouth.



Healthy Eating

Eat Right Now

• 25%

Save 25% on a subscription to this mindful eating app. Eat Right Now combines neuroscience and mindfulness to reduce your craving-related eating by 40%.

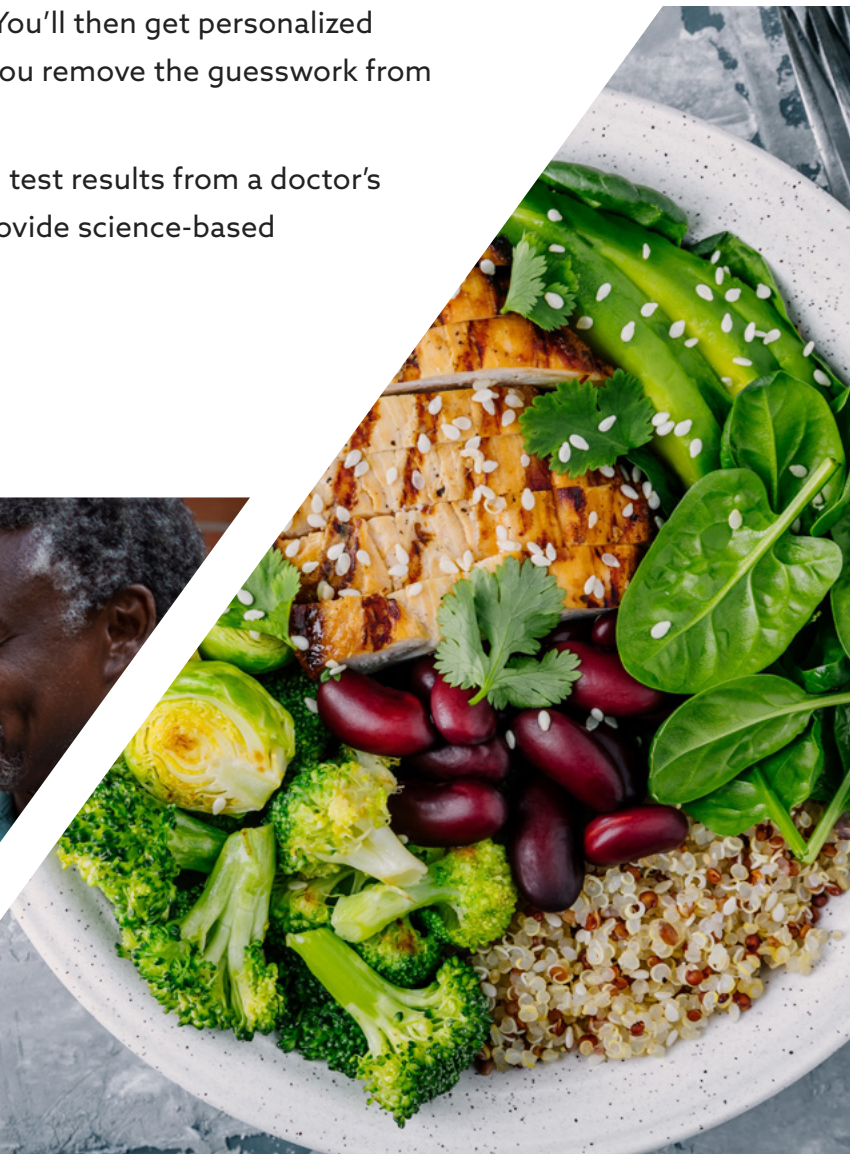
InsideTracker

• 25%

Save 25% on this science-based, personalized nutrition plan based on your blood test results.

InsideTracker's cutting-edge technology uses your blood data, lifestyle habits, and goals to determine where your body stands. You'll then get personalized nutrition and lifestyle recommendations to help you remove the guesswork from your wellness.

No blood draw is required. Just upload your blood test results from a doctor's visit or any other source, and InsideTracker will provide science-based recommendations to guide you to your goals.



Savory Living

• 25%

Save 25% and try the first session for free. Savory Living is an online healthy eating lifestyle program that empowers you to take control of how you eat and feel. The 12 sessions guide you through easy, gradual change as you discover how to eat right for you, learn easy food and cooking skills, practice new habits, and get the coaching support to create a personalized healthy eating lifestyle that you love.

The Dinner Daily

• 25%

Save 25% on this award-winning meal-planning service. The Dinner Daily makes healthy dinners easy and affordable by providing personalized weekly dinner plans based on your food preferences, and dietary needs, and weekly specials at your grocery store.



Hearing

Hearing Aid Discount—Amplifon Hearing Health Care

64%

Amplifon offers savings **averaging** 64% off retail pricing from the leading manufacturers of hearing aids with locations nationwide. In addition, you'll receive our complementary aftercare package including:

- **Risk-free trial**—Find your right fit by trying your hearing aids for 60 days
- **Follow-up care**—Ensures a smooth transition to your new hearing aids
- **Battery support**—Battery supply or charging station to keep you powered
- **Warranty**—3-year coverage for loss, repairs, or damage
- **Financing**—No interest for those who qualify



To learn more or to schedule an appointment call **1-866-918-6515** to speak with a patient care advocate or visit www.amplifonusa.com/hpmedadv.

Complementary and Alternative Medicine

30%

Take a balanced approach to well-being and save up to 30% on a wide range of services offered through our partnership with Choices by WholeHealthLiving. With more than 20,000 credentialed practitioners nationwide, they manage one of the leading Complementary and Alternative Medicine networks in the country. Choose from acupuncture,* chiropractic,* tai chi, qigong, diet and supplement advisors, mind-body therapies, and more. Discounts vary, so be sure to check with each individual practitioner or wellness center before you receive services. To get your discount, mention that you're a Harvard Pilgrim member when you make an appointment and show your Harvard Pilgrim ID card at the time of your visit.

Complementary and alternative medicine approaches including acupuncture, spinal manipulation, and chiropractic care may be effective in managing painful conditions such as back pain, osteoarthritis, neck pain, headaches and migraines, and fibromyalgia.¹

The current opioid crisis has brought a strong focus on finding effective alternatives to managing pain. To move better and improve function so you can do your day-to-day activities and help improve your quality of life, speak with your health professional about alternative, non-drug approaches to managing pain.²



*This program is not related to your Harvard Pilgrim medical benefits. Harvard Pilgrim plan designs include acupuncture coverage and chiropractic coverage, in which case the provider networks and office visit benefits differ. Refer to your plan documents for more information at www.harvardpilgrim.org/stridedocuments.

¹nccih.nih.gov/research/results/spotlight/five-painful-conditions

DharmaCrafts

• 15%

Get 15% off all DharmaCrafts meditation cushions and restorative yoga mats for your mindfulness meditation practice.

DharmaCrafts has been making meditation cushions and mats to last a lifetime since 1979. With premium materials, double-stitched seams, and careful assembly in their own shop in Lawrence, MA, their superior meditation cushions are the perfect place to rest your body and mind.

Magic Weighted Blanket

• 25%

Get a 25% discount on “the blanket that hugs you back.” These weighted blankets have a calming, comforting, and soothing effect. With two layers securely sewn together, there are no covers to attach, and no zippers or ties that can break. Choose from a wide assortment of fabrics, colors, and sizes. Machine washable and dryer friendly. Made in the USA.



Mighty Well

• 15%

Save 15% on wearable wellness products made by patients, for patients and their loved ones.

Mighty Well creates functional and stylish products that help patients and their loved ones manage their lives with dignity, confidence, and style. Choose from PICC line covers, cozy wraps, organizers, and more.

Mindful Magazine

• 50%

Get 50% off digital subscriptions and courses at [Mindful.org](https://www.mindful.org).

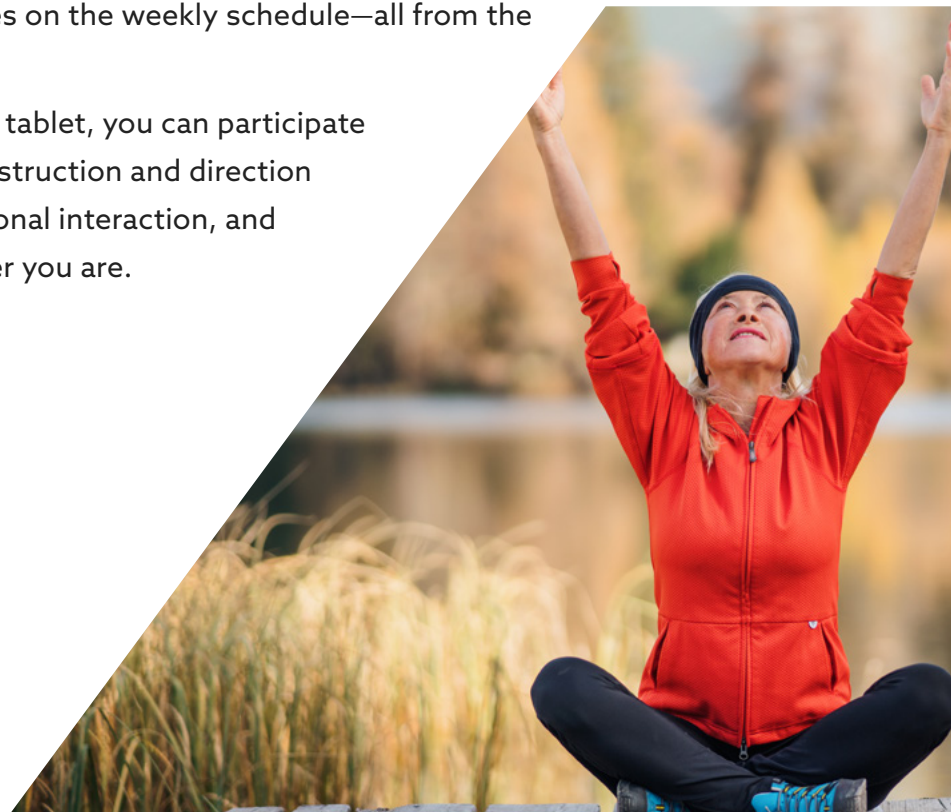
Mindful is dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness—to enjoy better health, more caring relationships, and a compassionate society.

Ompractice

• 40%

Save up to 40% on membership for live, online group yoga classes via two-way video, with teachers who can see and support you in real time. You'll get unlimited access to more than 70 remote group yoga classes on the weekly schedule—all from the comfort of your own home.

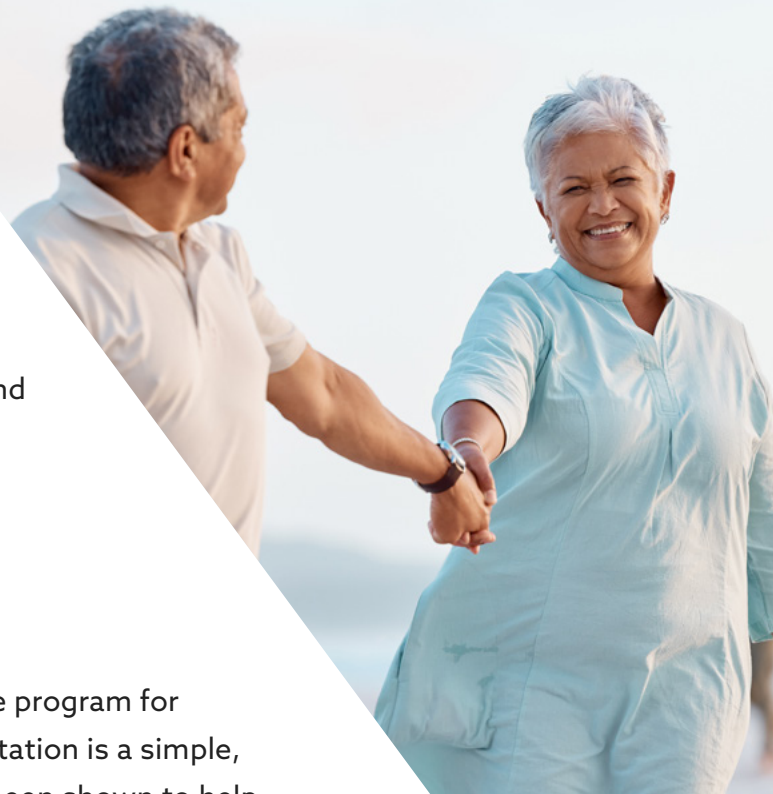
Using two-way video via laptop, phone, or tablet, you can participate in live yoga and meditation classes with instruction and direction from a teacher, bringing the support, personal interaction, and accountability of a studio session wherever you are.



Sana Health

• 20%

Receive a one-month free trial and save 20% off the monthly cost of an 18-month subscription to this innovative audiovisual technology that can clear a busy mind, promote enhanced recovery from fatigue and reduce feelings of stress.



Ten Percent Happier

Get the first month free and subscribe to the rest of the program for \$14.99 per month or \$99.99 per year. Mindfulness meditation is a simple, scientifically-validated exercise for your brain that has been shown to help people manage stress, increase focus and stay healthy.

Unwinding Anxiety®

• 25%

Save 25% on a subscription to this step-by-step program available online, on your smartphone or tablet. Unwinding Anxiety was developed by psychiatrist and neuroscientist Judson Brewer MD Ph.D.



Quit Smoking

Craving to Quit

• 25%

Save 25% on Craving to Quit. With this 21-day program, developed by Yale addiction psychiatrist and neuroscientist Judson Brewer MD Ph.D., you can use your smartphone to help you quit smoking.

QuitSmart

• 30%

Save 30% on this quit smoking program, which is available as a Stop Smoking Kit and through QuitSmart Stop Smoking Classes.

QuitSmart offers treatment elements, including hypnosis, medication recommendations, and a patented simulated cigarette. The program was developed by Dr. Robert Shipley, founder of the Duke Medical Center Stop Smoking Clinic.



Vision and Lasik

EyeMed

• 35%

You can get a 35% discount off frames with a purchase of a complete pair of eyeglasses at participating EyeMed-affiliated providers.

Participating eyewear providers offer special savings on items such as lenses and frames.

The EyeMed network includes affiliated providers at LensCrafters, Target Optical, Pearle Vision and independent eye doctors. Check the online links for up to date listing of shops near you.

LASIK vision procedures

Davis Vision

Davis Vision offers Harvard Pilgrim members the opportunity to receive laser vision correction surgery through QualSight providers, with savings of 40% to 50% off the national average price of traditional LASIK.

QualSight LASIK

Many of today's common vision problems, including nearsightedness, farsightedness, and astigmatism, can be treated with LASIK. Harvard Pilgrim members have access to more than 800 locations nationwide with credentialed surgeons who have collectively performed more than 6.5 million procedures. Members save 20-35% off the national average price for LASIK* with prices of \$1,795 per eye for Custom Wavefront Bladeless procedures.

US Laser Vision Network

Save 15% on regular pricing, or 5% on promotional pricing on LASIK, PRK, and e-LASIK procedures.

*As reported by Market Scope LLC for Q4 2021



For additional details, or to redeem discounts,
please log in to your member portal at
www.harvardpilgrim.org/strideportal.

[Log In](#)

Savings programs are not insurance but are discounts for programs and services designed to help keep members healthy and active. All programs are subject to change without advance notice. Harvard Pilgrim Health Care does not specifically endorse or recommend, and makes no warranties expressed or implied with respect to the programs and services offered or any particular device, medication, supplement, or treatment offered therein. Before using any device or taking any medication or supplement, please check with your physician and pharmacist to confirm that is safe for you to use and would not have any adverse effects based on your current medications and health conditions. H6750_24120_C