

Shape up, and save!

Aetna FitnessSM Discount Program

Regular exercise helps you stay healthy, and can make you look and feel better. The **Aetna⁺ Fitness discount program** is automatically included with your health benefits or health insurance plan, so you can save money, too!

You'll save on fitness club memberships, exercise videos and home exercise equipment like treadmills and elliptical trainers — everything you need to get fit for less today.

Pick a club — join a club

You'll enjoy preferred rates on fitness club memberships* within the GlobalFitTM network. With nearly 10,000 locations** (and growing every day), it's easy to find one close to where you live or work. And with features like a FREE guest pass*** and flexible membership options, you can get started today!

Step #1: Visit www.globalfit.com/fitness for a current list of participating clubs.

Step #2: Select a club and follow the directions to get your FREE guest pass (available at most clubs). It's your "sneak peek" at club culture, services and equipment.

Step #3: Join a club today! Enroll online, or call GlobalFit toll free at **1-800-298-7800**.

Savings on fitness club memberships, exercise equipment and more

More reasons to join a club

- Flexible membership options — including the *Commit* (48-week) and *Non-Commit* (month-to-month) memberships
- Convenient billing options through your bank account or major credit card
- Guest privileges at participating clubs for when you travel (*Commit* memberships only)
- Transfer your membership to another person (*Commit* memberships only) or to another participating fitness club
- Freeze your membership for up to two months in a calendar year (*Commit* memberships only)
- Plus, family members on your health benefits or health insurance plan are eligible, too!

*Participation in GlobalFit is for new club members only. Membership to a club of which you are currently a member may not be available.

**GlobalFit website, www.globalfit.com/fitness, 1/08.

***Not available at all clubs.





Did you know?

Getting your daily dose of exercise helps keep your heart healthy, your bones strong — it can even give you a good night's sleep. With the fitness discount program, you can save money, too!

Save on home exercise equipment and supplies

Rather get fit in your own home? You'll also save on exercise videos and home exercise equipment like elliptical trainers and treadmills.

Lifestyle programs beyond the fitness club

Starting a fitness program is just the start to a healthier you. The fitness discount program also offers access to at-home weight-loss programs and one-on-one health coaching* to help you quit smoking, lower stress, lose weight or meet another health goal.

*Provided by WellCall, Inc., through GlobalFit.

Stretch your body — and your dollars — at the same time. Take advantage of the Aetna Fitness discount program today!

†Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156.

Discount programs provide access to discounted prices and are NOT insured benefits. Program providers are solely responsible for the products and services provided hereunder. Aetna does not endorse any vendor, product or service associated with these programs. Health benefits and health insurance plans contain exclusions and limitations. 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.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23, GR-29 and/or GR-29N.

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www.aetna.com