

DISCOUNTS AND PROGRAMS OFFERED THROUGH COUNTY-SPONSORED MEDICAL PLANS

Please note: This information is subject to change without notice. Please contact the medical plan directly for questions and updates.

ANTHEM BLUE CROSS

- Jenny Craig (800) 597-JENNY or (800) 597-5366 or www.jennycraig.com/corporatechannel/eretail.aspx
- GlobalFit (800) 294-1500 or <http://www.globalfit.com/members/eligibility.asp>
A network of 10,000 participating local, regional and national fitness clubs, including Curves, Bally Total Fitness, Gold's Gym, Powerhouse Gym, Anytime Fitness and many more.
- Lindora Lean for Life (800) LINDORA [546-3672] Receive 20% off of in-clinic programs or 20% off all other products and services.
- Weight Watchers Online www.weightwatchers.com/cs/index.aspx?path=cs/anthem

For more information, log on to www.anthem.com/ca/countyoflosangeles and click on "Special Offers" or call the customer service phone number at (866) 940-8303

CIGNA

- Jenny Craig (800) 597-JENNY or (800) 597-5366
Print a discount coupon from www.mycigna.com to get a free consultation at certain Jenny Craig centers.
- GlobalFit (800) 294-1500
- A network of 10,000 participating local, regional and national fitness clubs, including Bally Total Fitness, Gold's Gym, World Gym, Powerhouse Gym, and Curves for Women.
- Weight Watchers (866) 252-9811.
- Nutrisystem (888) 841-2463

For more information, log on to www.mycigna.com or call customer service at (800) 870-3470 and ask about the Healthy Rewards programs. Jenny Craig, Global Fit, and Weight Watchers websites can be accessed through the www.mycigna.com website.

KAISER PERMANENTE

- Every Kaiser Permanente facility provides some health education classes, such as weight loss, disease management, and smoking cessation for their members (some classes may require a fee). Topics and availability vary at each facility. For more information log on to www.kp.org or call the Healthy Living Helpline at (866) 402-4320.
- Kaiser Permanente members are eligible for 25% off regular rates for complementary health services through American Specialty Health (ASH) such as chiropractic care, acupuncture, and massage therapy. Also, preferred rates on selected fitness club memberships. No referral is necessary. Visit kp.org/healthyroads or call (877) 335-2746.
- Choose Healthy – Receive discounts at participating fitness centers. Call (877) 335-2746 for a current list of participating fitness centers or visit members.choosehealthy.com.
- Weight Watchers – Receive discounts at <https://members.kaiserpermanente.org/redirects/wwatchers/> or call (866) 639-3300.

UNITEDHEALTHCARE

- Weight Watchers free 30-day program (Food and, if applicable, shipping not included. Restrictions apply); 25 percent off a Premium Program
- Nutrisystem: \$30 off on every order of food plus the best available offer at Nutrisystem; a free easy-to-follow daily meal planner and exercise CD; free weight loss counseling; free online tools and information.
- Fitness Club discounts to: Anytime Fitness, My Gym Children's Fitness Centers, Bally Total Fitness, Curves, Snap Fitness, Gold's Gym
- For more information on all of the above mentioned discounts and more, log on to www.unitedhealthallies.com or call (800) 860-8773.