

MORE BENEFITS

Discount Program



With the More Benefits Discount Program, Get More and Pay Less!

The More Benefits Discount Program adds more value to your TRICARE Prime® coverage through US Family Health Plan. It offers you deep discounts for health products and services not covered by TRICARE®.

The More Benefits Discount Program complements your health plan benefits. Look to the discount program for savings on health and wellness services. They are offered through a variety of discount networks. These include the LifeBalance Program, Whole Health Living Choices, GlobalFit and EyeMed. These discount networks give you more tools to maintain good health. You can enjoy discounts for fitness clubs, alternative medicine, eyewear, weight management and more.



More Benefits with LifeBalance Discounts

Active family fun!

★ LifeBalance Vendor Network

With the LifeBalance Program, you can save at thousands of businesses. Just use the LifeBalance Vendor Network. Companies that are in the network bring you a broad range of opportunities—like recreation, wellness and travel. In fact, the network has over 70 different categories of companies, all with savings just for you. The companies are local, regional, national and online. And each one offers a unique experience. Popular categories include:

Fitness / Health Clubs

Family Attractions / Amusements

Hotels / Rentals / Lodging

Dance / Aerobics

Yoga / Pilates

Travel / Tours

Weight Management

Massage / Spa / Relaxation

Running / Jogging / Walking

Performing Arts Events / Theater

White-Water Rafting

Cycling—and More!





LifeBalance Ticket Window

Members can save on tickets and events simply by purchasing online! Ticket categories include live theater, sporting events and movies. You'll also find discounted admission tickets to water parks, zoos and theme parks. Enjoy savings on lift tickets to ski and snowboard parks, too, and to other regional attractions!



LifeBalance Wellness Tools

Members can access online health and wellness tools and calculators. You will also find educational resources. Here are some examples:

- **Walking Tracker and Journal.** With this step counting engine, you can set walking goals, track steps and monitor progress.
- **Activity Planner, Tracker and Journal.** Use this tool to plan, record and keep on track with your personal activity goals.
- **Virtual Guide.** These mini-quizzes provide simple suggestions and resources for personal growth. Try different topics like physical fitness and nutrition, or explore green living and stress management.
- **And More!** Like the online Food Tracker, Community Corner, and health and wellness calculators. Also, check out hundreds of Ask the Experts articles. You'll find topics on recreation, culture and wellness.

You can learn more about the LifeBalance Program at www.lifebalanceprogram.com. Or call 1 (888) 754-5433.





More Benefits with GlobalFit Fitness Club Membership Discounts

Sweat for less!

US Family Health Plan is proud of its special partnership with GlobalFit. You'll get big discounts to top fitness clubs in the Puget Sound area. So you can try to stay healthy and in good shape—easily and affordably. While not a covered TRICARE benefit, this arrangement adds value to your US Family Health Plan membership.

Through GlobalFit, you'll enjoy:

- **GlobalFit's Lowest Price Guarantee.** If a participating gym offers a lower price in writing, GlobalFit will beat that rate by 5%.
- **A month-to-month membership.** GlobalFit members can freeze, transfer or cancel most memberships at any time. However, some gyms require a year-long commitment.
- **24 Hour Fitness, Curves and Anytime Fitness.** Plus a national network of over 10,000 regional chains and local favorites.
- **Discounts** on home fitness equipment, the bodybugg system, the Total Gym and personal training at 24 Hour Fitness.

We invite you to learn more about this discount and participating GlobalFit fitness clubs. Please visit www.globalfit.com or call 1 (800) 294-1500.

More Benefits with Safe Beginnings® Discount Program



Baby safety starts at home!

Safe Beginnings offers everything you need to baby proof your home. As a US Family Health Plan member, you can save 15%* on Safe Beginnings products.

Safe Beginnings offers a large selection of items to help keep your baby safe. Save on:

- **Safety gates**
- **Cabinet locks**
- **Outlet covers**
- **Window guards**
- **Furniture straps**
- **Crib rail covers**
- **Infant-safe play mats**
- **And More!**

And don't forget home safety basics for emergencies. At Safe Beginnings, you can buy fire escape ladders, carbon monoxide detectors and first aid items.

To order, visit safebeginnings.com and enter code USFH. You can also call 1 (800) 598-8911. Be sure to identify yourself as a US Family Health Plan member.



More Benefits with Whole Health Living Choices Complementary & Alternative Medicine Discounts



Expand your health options!

Complementary and alternative medicine is called CAM. CAM includes practices and products not considered part of conventional medicine. Some examples are massage, yoga and acupuncture. Recent studies show that 60% of American adults have tried at least one form of CAM. And they tried it even though CAM services were not covered by most health insurance plans.

CAM treatments are not covered benefits under TRICARE or US Family Health Plan. But with the More Benefits Discount Program, US Family Health Plan members can save a lot! You can get 10–30% off CAM health and wellness services. Just visit the providers in the Whole Health Living Choices network. Participating alternative providers include:

- Chiropractors (DC)
- Naturopathic physicians (ND)
- Acupuncturists (LAc)
- Tai Chi instructors
- Massage therapists (LMP)
- Mind-body skills instructors
- Pain-management practitioners
- Pilates instructors
- Chinese herbal medicine practitioners
- Qigong instructors
- Energy healing / Reiki practitioners
- Nutritionists and herbal consultants
- Yoga instructors
- Meditation practitioners
- Homeopathic practitioners
- And more...

To save on these services, visit Whole Health Living Choices online. You can go to usfhp.wholehealthmd.com. Or you can find the Value-Added Benefits page at www.usfhpnw.org/members/value-added-benefits.

Once you are at the Whole Health Living Choices site, you can read a description of each therapy. First go to Reference Library and then to Therapies. The website also has a library so you can research health topics. You can also try healthy recipes and learn about nutrition.

To enjoy the savings, simply show your US Family Health Plan member ID card. To choose a provider, go to usfhp.wholehealthmd.com. Or call 1-800-274-7526.





Even More Whole Health Living Choices Savings!

Enjoy savings on a variety of products and services. Many of these savings require special codes or online access. For details on the following discounts, visit the Whole Health Living Choices site at usfhp.wholehealthmd.com.

Take Care, head to toe

- **DentalPlans.com.** Save money on family and individual discount dental plans.
- **HeartMath.** Explore these award-winning solutions for reducing stress and boosting performance. You can save \$50 online.
- **Balance Walking.** Save 25% on walking poles and other products, plus explore events and coaching.
- **TLC.** Experiencing hair loss or mastectomy due to cancer treatment? Explore this selection of products for women.

Feed your mind

- **MagazineLine.** Choose from hundreds of magazines and save on subscriptions.
- **American Cancer Society Online Bookstore.** Save on inspiring, helpful books and information for cancer patients, caregivers and friends.
- **Embrace Pet Insurance.** Learn more about these customizable pet insurance plans by getting a free quote. Then save 10-15% on a plan.

Find great gifts

- **Shari's Berries.** Imagine fruit drizzled with chocolate... Now imagine saving 15% on hand-dipped berries and other gourmet treats.
- **Cherry Moon Farms.** Check out these fresh fruit gift boxes and baskets. Enjoy a special discount.
- **RedEnvelope.** Enjoy a discount on these unique gifts. There's something for every occasion.
- **ProFlowers.** Automatically save 20% on fresh flowers and other gifts.
- **Personal Creations.** Create lasting memories with personalized gifts. Add a photo, date, name or other message. And save 15% on all purchases.

Tend To Your Senses

- **QualSight.** Considering LASIK eye surgery? Save 40–50% compared to average prices nationwide.
- **Aura Cacia.** Add aromatherapy to your life! Apply a 20% discount on essential oils and skin care products.
- **Beltone.** Get free hearing screenings and save 15% on all Beltone hearing aids.
- **Amplifon.** Explore the latest in hearing technology. Save 40% on diagnostic testing. Enjoy a 60-day trial period with hearing aids.

Get moving

- **Leisure Fitness.** Think you'd like a treadmill or home gym? Save 15% on exercise equipment.
- **Polar.** Kick-start your workout with special discounts on heart rate and activity monitors.
- **Rock Body Gear.** Enjoy a substantial discount on fitness equipment, accessories and apparel.
- **Gaiam.** Get centered! Shop for yoga, meditation and wellness gear. Save up to 35% on unique gifts.

Eat well

- **Restaurant.com.** Enjoy dinner out—and save money at the same time!
- **Simply Organic.** Save 20% on organic seasonings, baking mixes, sauces and more.
- **Frontier.** Shop online for natural, organic foods, spices and teas. Enjoy a 20% discount.
- **Jenny Craig.** Join Jenny Craig and receive a free, 30-day weight-loss program.



More Benefits with EyeMed Discounted Eyewear

Get a new look!

As a US Family Health Plan member, you can get a free eye exam each year from any TRICARE authorized optometrist. And then you can save on eyewear, thanks to our partnership with EyeMed.

You can save up to 35% off the retail price of a complete pair of eyeglasses. And you can save 15% off the retail price of conventional contact lenses. The discounts on eyeglasses and frames are available at:

- Sears
- LensCrafters
- Pearle Vision
- Target Optical
- Independent practitioners

Once you are enrolled, you will receive an EyeMed ID card from US Family Health Plan. First, find a participating EyeMed provider by going to www.eyemedvisioncare.com. Or call 1 (866) 723-0513. Verify the provider is also participating and authorized in the TRICARE program to receive your free eye exam. Present your ID card and your EyeMed provider will take care of the rest.



DISCLAIMER: The More Benefits Discount Program is a discount program for health services and products not covered under US Family Health Plan (USFHP) or the TRICARE program. US Family Health Plan does not endorse or guarantee the products or services offered by this Program. Providers and practitioners accessed through this Program are solely responsible for their products and services. US Family Health Plan makes no warranty, express or implied, as to the suitability or quality of any product or service purchased through this Program. US Family Health Plan members are solely responsible for all costs incurred through the More Benefits Discount Program; USFHP and Pacific Medical Centers will not pay for any fees or costs incurred. Neither Pacific Medical Centers nor USFHP are liable for defective products, practitioner negligence or other errors in the delivery of services or products. USFHP members should consult their physician when considering a new therapy or before starting any exercise program.

