



# Power of you

## Fitness discounts

A little help reaching your best health

### No stopping you

Every time you take the stairs, eat a healthy snack or kick a bad habit, your body gets stronger. Now here's some motivation to keep up the good work: good savings.

With your Aetna® plan, you get discounts on gym memberships, health coaching and much more through LifeMart®.



**Built-in plan discounts** with no referrals, claims or limits. Your family can use them, too.

# aetna®

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

## Healthy lifestyle discounts

Save on gym memberships, health coaching, fitness gear and nutrition products that support a healthy lifestyle.

You also save on:

- Wearables
- Yoga, meditation and wellness programs
- Group fitness on demand

## Even more savings

If you'd like to work toward your fitness goals at home, you'll love these savings.

### One-on-one health coaching

Get support to lose weight, ease stress and more.

### Online group fitness sessions

Try a class on your schedule, in private, with online, on-demand fitness sessions.

### At-home weight-loss programs

Get weight-loss tips and menus and track progress from the privacy of your home.



### How to get started

Log in to [aetna.com](https://www.aetna.com) and look for the "Stay Healthy" tab.

You'll find discounts on fitness and much more.

Through our partnership with LifeMart, you can also save on thousands of products and services including health and wellness products, tickets, car rentals and coupons.

LifeMart is a registered trademark of LifeCare, Inc.

### **THIS IS NOT INSURANCE. THIS IS A DISCOUNT PROGRAM ONLY.**

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