

# A weight management program to fit you and your budget

## Weight Management Discount Program From Aetna<sup>‡</sup>

If you're looking for a program to help you lose weight and feel better, without lightening your wallet, our new Weight Management Discount Program is here to help.

Through our program, you and your eligible family members will have access to discounts on weight loss programs and products, individual consultations, menu planning and motivational tools. Depending on the program you choose, you may also save on your weekly food purchases.

### Your lifestyle, your program

Through Aetna, you have access to Jenny Craig<sup>®</sup> — one of the largest weight management firms worldwide. All Jenny Craig plans are personalized and offer one-on-one support from trained weight loss consultants.

Jenny Craig's program options will provide you with a sensible weight loss plan, a balanced nutrition guide and weight loss products that fit *your* individual lifestyle weight loss goals.

### Don't wait to lose the weight

It's easy to enroll, so get started now!

- Register through your secure Aetna Navigator™ website
- Print your personalized registration coupon
- Call 1-800-597-JENNY to talk to a Jenny Craig consultant to locate the Jenny Craig centre nearest you
- Bring your registration coupon and Aetna ID card to your free consultation

#### Here's how it works:

- Start with a FREE 30-day trial membership\*
- Then choose a 6- or 12-month program
  - > For 30%\* off OnTrack (Gold/Platinum) membership
  - > For 15%\* off Jenny Rewards membership\*\*

#### You'll also have access to:

- One-on-one weekly consultations
- Personalized menus
- Tailored activity planning
- Free unlimited use of Jenny E-tools
- Flexible programs to fit your schedule

Visit a Jenny Craig centre or choose the Jenny Direct at-home program — either way you'll save!



\*Offers good only at participating centres and through Jenny Direct at-home. Additional cost for all food purchases. Discounts apply to membership fee only.

\*\*Additional weekly food discounts will grow throughout the year, based on active participation.

<sup>‡</sup>Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

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We want you to know<sup>®</sup>  
Aetna<sup>®</sup>

Personalized plans,  
one-on-one support  
from trained weight  
loss consultants



**Get started today — lose weight, feel better and develop a balanced, managed approach to your active lifestyle!**

**Log on to Aetna Navigator at [www.aetna.com](http://www.aetna.com), visit a Jenny Craig centre, or call 1-800-597-JENNY for details.**

Discount programs provide access to discounted prices and are not insured benefits. Information subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

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

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