



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

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.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. Health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

This material is for information only. Discount offers are available to people who have health benefits plans that are issued, administered or serviced by Aetna or our affiliates. Discount offers provide access to discounted services and are not part of an insured plan or policy. Discount offers are rate-access offers and may be in addition to any plan benefits. Check any insurance benefits you have before using these discount offers, as those benefits may result in lower costs to you than using these discounts. Discount offers are not guaranteed and may be discontinued at any time. Aetna makes no payment to the discount vendor. You are responsible for the full cost of the discounted services. Aetna does not endorse any vendor, product or service associated with these discount offers. Vendors are independent of Aetna, not agents or employees. Programs, products and services may not be available at all times. Certain offers may not be available in some states. Products may be subject to a warranty from the manufacturer. Aetna makes no representations or warranties, and disclaims all product warranties. Aetna has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered. Aetna may receive a percentage of the fee paid to a discount vendor. Information is believed to be accurate as of the production date; however, it is subject to change.

aetna®