

Health Plan Carrier Benefits

Get to know your carriers benefits!



Your health plan can help you save on services that promote good health.

Member benefits can help you reach your wellness goals with discounts or rewards programs on nutrition, mind and body, fitness, and other services related to good health.

Questions to ask yourself:

1. Do you participate in nutrition and healthy eating routines? (Y/N)
2. Do you go to the gym or participate in exercise programs? (Y/N)
3. Do you participate in mindfulness programs? (Y/N)
4. Do you get massages or see a chiropractor? (Y/N)
5. Do you use vision or eye care? Do you wear glasses (Y/N)
6. Are you trying to quit using tobacco? (Y/N)

If you answered yes to any of those questions, consider checking to see if your health carrier offers any of these benefits:

Nutrition + Weight Management

Helping you reach your healthy eating goals

Many health carriers offer a number of opportunities to save on programs and tools to help people eat healthy and manage their weight. And some health insurers offer discounts on commercially available weight loss programs.

Mind + Body

Helping you reach your wellness goals

Some health carriers cover alternative therapies, including acupuncture, massage, mindfulness practices and more. Alternatively, participating acupuncturists, massage therapists, and chiropractors may offer discounts through your plan.

Fitness + Exercise

Helping you reach your fitness goals

Many health plans include fitness club rebates or discounts on specific health club memberships that usually range anywhere from 10% to 50%.

Wellness

Helping you care for yourself and others

Wellness programs allow employees to benefit from seminars, stress management tools, mindfulness programs, and lifestyle coaching.

Vision

Helping you care for your eyes

Under some health plans, you are able to receive free or discounted prescription glasses of your choosing as well as discounts on contact lenses.

Additional Perks

Helping you care for yourself and others

Through various programs, people have greater access to resources that are designed to help quit using tobacco.

How do you find and enroll in your carrier's extra benefits?

1. Login to your carrier's website.
2. Look for 'resources,' 'savings,' 'discounts,' or 'programs.'
3. Browse through the various selections.