

USE YOUR BENEFITS WISELY WITH HELP FROM HARVARD PILGRIM HEALTH CARE



We are committed to offering you comprehensive and competitive benefits that allow you and your family to live well. At the same time, we ask that you make informed health care decisions. Harvard Pilgrim Health Care offers a variety of tools, resources and programs to help you get affordable, quality care for you and your loved ones.

VIRTUAL VISITS

Virtual visits allow you to connect with licensed health care and mental health professionals anytime, anywhere via telephone or live video. As a Harvard Pilgrim member, you can get care for common medical and behavioral health issues without leaving the comfort of your own home. Choose from the following options:

- **Doctor on Demand:** Go to www.doctorondemand.com or download the app from the Apple App Store or Google Play
- **Harvard Pilgrim Provider Network:** Consult with your primary care physician and other providers to see if they offer a telemedicine option
- **Optum:** Go to www.liveandworkwell.com (Quick Links > Find a Provider > VIRTUAL VISITS)

FITNESS CLUB REIMBURSEMENT

If you are enrolled in the Harvard Pilgrim Buy Direct Plan, you can earn up to \$150 for yourself and your covered dependents when you join a fitness club for four months within the current calendar year. Here's how:

- Join a gym, fitness center, health club or studio that offers strength training and cardio classes and/or equipment.
- Visit the facility for at least four consecutive months within the current calendar year.
- Submit your request for reimbursement online at www.harvardpilgrim.org or call 888-333-4742 to receive a form in the mail.

DISCOUNTS & SAVINGS

As a Harvard Pilgrim member, you have access to a variety of exclusive discounts:

- **Dental**, including up to 28% off membership fees and 20–50% on all procedures from participating providers
- **Vision**, including up to 40% off frames from Visionworks and 50% off laser vision correction surgery from select providers
- **Hearing**, including 50% off hearing aids from Amplifon Hearing Health Care and \$200 per hearing aid at Flynn Associates
- **Health eating**, including discounts on menu-planning and meal delivery services, such as Jenny Craig
- **Fitness**, including discounts on fitness memberships and athletic products and workout gear
- **Holistic wellness**, including discounts for services received through the WholeHealth Networks and other meditation and mindfulness education services and programs
- **Tobacco cessation**, including discounts on the Craving to Quit and QuitSmart programs
- **Family and senior care services**, such as a \$500 discount on SeniorAssist fees



Go to www.harvardpilgrim.org or call the number on your medical ID card to access these programs, tools and resources.