

Shape up, and save!

Aetna FitnessSM Discount Program

Regular exercise helps you stay healthy. It can also make you look and feel better.

The **Aetna Fitness discount program** comes automatic with your health benefits or health insurance plan. So you can save money, too!

You can:

- Save on memberships to the gym
- Save on treadmills, elliptical trainers and more
- Try out a home weight-loss program
- Get health coaching to stop smoking, lower stress and more!

It's everything you need to get fit — for less — today.

Pick a gym — join a gym

You'll get lower rates on gym memberships* in the GlobalFit™ network. With thousands of gyms** (and growing every day), it's easy to find one close to where you live or work.

Step #1: Go to www.globalfit.com/fitness for a list of gyms you can visit.

Step #2: Pick a gym and follow the steps to get your FREE guest pass (available at most gyms). It's your "sneak peek" at gym culture, services and equipment.

Step #3: Join a gym today! You can sign up online. Or call GlobalFit toll free at **1-800-298-7800**.

Savings on gym memberships, treadmills and more.

More reasons to join a gym

- Three flexible membership options
 - > 96 weeks (Lifestyle)
 - > 48 weeks (Commit)
 - > Month to month (Non-Commit)
- FREE guest pass***
- Easy billing through your bank account or major credit card
- Guest privileges at participating gyms when you travel†
- Transfer your membership to another person† or another participating gym
- Stop your membership for up to two months per calendar year†
- Plus, family members on your health plan can use the program, too!

*Participation in GlobalFit is for new gym members only. Membership to a gym of which you are now, or were recently, a member may not be available.

**GlobalFit website, www.globalfit.com/fitness, 3/09.

***Not available at all gyms.

†Lifestyle and Commit memberships only.

We want you to know[®]





Did you know?

Getting your daily dose of exercise helps keep your heart healthy and your bones strong. It can even give you a good night's sleep. With the Aetna Fitness discount program, you can save money, too!

Save on home exercise products and equipment

Rather get fit in your own home? You'll also save on home exercise products and equipment like elliptical trainers and treadmills.

Healthy programs outside the gym

Starting a fitness program is just the start to a healthier you. You can also try out an at-home weight-loss program. Or you can get one-on-one health coaching^{††} to help you quit smoking, lower stress, lose weight and more.

^{††}Provided by WellCall, Inc., through GlobalFit.

**Stretch your body,
and your dollars. Get
fit with the Aetna
Fitness discount
program today!**

Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

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Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23, GR-29 and/or GR-29N.

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www.aetna.com