

MEMBER SAVINGS FOR HEALTHY EATING PROGRAMS



WSHG Health Plans offer discounts on programs that help with nutrition and weight management.

Member savings through the health plans include*:

Harvard Pilgrim Health Care:

- Free registration for Weight Watchers® programs, and \$10 off Weight Watchers® Online standard 3-month initial subscription.
- 25% off a premium program at the Jenny Craig Program, and a free 30-day trial program.
- 15% off the 12-week iDiet Engage Program.
- 35% off a 12-month membership, 30% off a 6-month membership and 25% off a 3-month membership at diet.com.
- 50% discount on a 6-month DASH for Health™ subscription, and 28% discount on a 6-month subscription for HP non-members.
- 10% off meals designed for people with cancer and their caregivers from Meals to Heal.

For additional information on these programs, click here: [Harvard Pilgrim Member Savings Page](#) and look under “Nutrition”.

Tufts Health Plan:

- 50% discounts off Jenny Craig All Access Membership, and 30 Day Free Program.
- 12% off every 28-Day Nutrisystem My Way® program order, and a free Fast 5™ kit.
- 25% discount on unlimited nutritional counseling visits, with a participating registered dietitian or licensed nutritionist; and, as a WSHG member, you have put to 8 visits at an office visit copayment.
- 15% discount for enrolling in the iDiet Engage or Advance programs.

For additional information on these programs, click here: [Tufts Member Discount Page](#) and look under “Nutrition and Weight Management Discounts”.

Blue Cross Blue Shield:

- Receive \$150 reimbursement annually for Weight Watchers® Meetings, Weight Watchers® At Work and hospital-based weight-loss programs. [Click here for more information](#) and look under “Weight-Loss Reimbursement”.
- 50% off Jenny Craig Access Enrollment, and your first month free.
- 12% off 28-Day Nutrisystem® program orders, and an additional 20% discount with Auto-Delivery.
- 15% off Retrofit Private Weight Loss Coaching Programs.

For additional information and terms on these programs (offers are subject to change), or for new offers, click here: [Blue365](#).

Fallon Health:

- Discounts on Weight Watchers® Meetings and Weight Watchers® OnlinePlus. [Click here for more information](#).
- Reimbursement up to \$200 individual/\$400 family for Select Care or \$250 individual/\$500 family for Direct Care for:
 - Weight Watchers monthly passes (meetings)
 - Weight Watchers Online
 - Registration costs for Jenny Craig®
 - Membership fees for TOPS®: Take Off Pounds Sensibly

For additional information on these programs, click here: [Fallon Health Reimbursement Page](#).

* All provider discounts are subject to change.