

# Even more services for you to stay well!



At Fallon, we understand that when you're not feeling well, the only thing you really want is to feel better. That's why we offer our members:

- **Nurse Connect**

It's three in the morning and you feel lousy, but don't think it warrants a trip to the emergency room. Still, you'd feel better if you could talk to someone with a medical background, right? Call the registered nurses at Nurse Connect. They're available by phone 24 hours a day, seven days a week.

- **Disease Management programs**

Living with a chronic health condition takes a toll on your quality of life. If you have asthma, heart disease, diabetes, heart failure or chronic obstructive pulmonary disease (COPD), our free Disease Management programs can help you decrease hospitalizations, surgeries and emergency room visits.

- **Maternity care management program**

Having a high-risk pregnancy can be enormously stressful. And more stress is the last thing a mom-to-be needs. So Fallon developed the Special Deliveries program, specifically for women with high-risk, pregnancy-related health concerns.

fallonhealth.org



*Fallon Health complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

*Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Fallon Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-868-5200.*

*Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Fallon Health, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-800-868-5200.*

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# “I want more from my health plan. What does Fallon offer?”

At Fallon Health, we know you expect more from your health plan. So we provide many benefits and extras at no extra charge, including:

- fitness reimbursement
- vision care
- discounts at CVS/pharmacy
- \$0 wellness
- and more!

Look inside to learn more.



# More for you

Benefits and extras you get with Fallon Health—at no additional charge!



**It Fits!**

One of the most flexible fitness benefits in Massachusetts, It Fits! reimburses members annually for all kinds of healthy activities, including:

Gym memberships at the gym of your choice with no limitations	Karate	Football
Ski mountain lift tickets and season passes	Sports camps	Hockey
Local school and town sports programs	Ski lessons	Soccer
Yoga classes	Swim lessons	Lacrosse
Pilates	Kickboxing	Volleyball
Aerobics classes	Race fees	Weight Watchers® and Jenny Craig®
	Cheerleading	And much, much more!
	Gymnastics	

It Fits! also reimburses members annually for any brand of cardiovascular home fitness equipment! Eligible equipment includes:

- Treadmills
- Bike stands (to convert road bikes to stationary cycles)
- Stair climbing machines
- Rowing machines
- Air walkers
- Total body weight resistance machines
- Stationary cycles
- Elliptical machines
- Cross-country ski machines
- Home gyms

Cardiovascular home fitness equipment must be new and purchased within the benefit year at a retail store or at Amazon—receipt and proof of payment required. (Excludes secondary markets such as Craigslist and eBay.)

**Teladoc™ telehealth**

Members get 24/7 access to a national network of U.S. board-certified doctors to discuss non-emergency conditions by phone, mobile device or online. Teladoc doctors can diagnose and treat over 50 types of common illnesses.

**The Healthy Health Plan**

A program that supports subscribers, covered spouses and adult dependent children (age 18 and over) in becoming—and staying—healthy. Simply click on the My Healthy Health Plan link on fallonhealth.org, fill out the health assessment, and then take advantage of all the tools available to help you reach your health goals.

**Vision Care**

Pay nothing for your annual routine eye exam. Get up to 35% off frames and additional discounts on contact lenses, laser vision correction and nonprescription sunglasses—at thousands of locations nationwide.

**Online and in-store discounts at CVS/pharmacy**

Members get a 20% discount on more than 1,500 CVS/pharmacy-brand health-related products—good at any CVS/pharmacy store or online at cvs.com.

**Oh Baby!**

A program that provides prenatal vitamins, a convertible toddler car seat, portable electric breast pump, and other “little extras” for expectant parents—all at no additional cost.

**Quit to Win**

A free counseling program with tobacco cessation experts using text message support or telephone calls.

**Mail-order Rx discounts**

Members who have Fallon Rx coverage receive a 3-month supply of Tier 1 and Tier 2 maintenance medication for the cost of just two monthly copayments.

**Naturally Well**

Members receive discounts on chiropractic care, acupuncture, massage therapy, a variety of health and wellness products, and have access to an online health library to help maintain a healthy lifestyle.

**And don’t forget ...**

You also have \$0 copayments for routine physicals, gynecological exams and well-child care visits. Members also receive a discount on home health services through Home Staff, Fallon’s joint venture with VNA Care Network & Hospice.

*Weight Watchers® is a registered trademark of Weight Watchers International, Inc.*  
*Jenny Craig® is a registered trademark of Jenny Craig, Inc.*  
*Program eligibility and benefits may vary by employer, plan and product.*