



## Good deals, better health

From workout videos to well-being products, these HMSA member discounts can help you take care of yourself and improve your health.

### Fitness

Access more than 1,500 digital workout videos, 11,000 fitness centers nationwide, and more with the Active&Fit Direct™ program.

### Healthy living

Get discounts on vision and hearing products and services, medical transportation, and more with HMSA365.

### Specialty services

Save 25% or more on services from specialty health care providers for acupuncture, chiropractic, therapeutic massage, and more with the ChooseHealthy® program.

### Well-being products and resources

Get discounts up to 55% on popular health and fitness brands with the ChooseHealthy program. You can also access online health classes and articles at no additional cost.

Learn more at [hmsa.com/well-being/hmsa365](https://hmsa.com/well-being/hmsa365).



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Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all

services from those providers but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.