



# Ready to go

## Fitness discounts

A fit, fabulous you — for less

### There's no stopping you

Every time you take the stairs, snack healthy or kick a bad habit, your body gets stronger. Now, here's another motivator: *good savings*.

Through our relationship with GlobalFit®, you get discounts built right into your Aetna Student Health<sup>SM</sup> insurance plan. Your covered family members do, too.

You can:

- Save on gym memberships
- Try an at-home weight-loss program
- Work with a health coach

You can even save on personal training, group or solo sessions.

### It's easy to get started

Two ways:

- Visit [globalfit.com/fitness](https://globalfit.com/fitness)
- Call **1-800-298-7800**

Then, you can:

- Find a gym
- Try a gym
- Sign up
- Start health coaching, personal training and more

Or visit your member website at [aetnastudenthealth.com](https://aetnastudenthealth.com). It's the place to manage your benefits. You can quickly connect to the GlobalFit website, too.

# aetna<sup>®</sup>

[aetnastudenthealth.com](https://aetnastudenthealth.com)

## A healthy you, at your local gym

If you like to get fit in a *gym*, you'll love these perks.

### Savings on gym memberships

You can save at thousands\* of gyms nationwide in the GlobalFit network. So it's easy to find one where you are — school, home, work. Even where you travel.

But keep in mind the savings are for new gym members. So if you belong to a gym now or once did, just call GlobalFit first to see if you can still save.

### More sign-up perks

When you join a gym through GlobalFit, you can socialize with others who share your fitness goals.

And you get total convenience with:

- Flexible membership options
- Free guest pass (at most gyms)
- Easy billing
- Travel privileges at participating gyms

Need to press "pause"? You can **freeze your membership**. Even **transfer your membership** to another participating gym — or another person. Call GlobalFit for full details.

## A healthy you, at home or school

If staying *in* is more your style, you have choices.

### One-on-one health coaching

You can get one-on-one support\*\* to quit smoking, ease stress, lose weight and more. On your schedule.

### Discounts on personal training

With an On Demand\*\*\* program, you can get fit your way, at your pace. Just choose **one-on-one training** or **group training**. Your sessions air from any computer or mobile device.

### Savings on home exercise equipment

You also get nice discounts on home exercise helpers like Zumba® equipment.

### At-home weight-loss program

Your body is your business. So you get weight-loss tips, menus and weigh-ins from the privacy of your home or dorm.

**Be fit your way.** With choices and savings that come with your student health plan.

\*GlobalFit website. [globalfit.com/fitness](http://globalfit.com/fitness). February 2018.

\*\*By HealthAdvocate™, through GlobalFit.

\*\*\*By Les Mills™ On Demand and Trainer On Demand, through GlobalFit.

**Fully insured student health insurance plans are underwritten by Aetna Life Insurance Company (Aetna). Self-insured plans are funded by the applicable school, with claims administration services provided by Aetna Life Insurance Company. Aetna Student Health<sup>SM</sup> is the brand name for products and services provided by Aetna Life Insurance Company and its applicable affiliated companies (Aetna).**

### **THIS IS NOT INSURANCE. THIS IS A DISCOUNT PROGRAM ONLY.**

This material is for information only. Discount offers provide access to discounted services and are NOT insured benefits. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna Student Health insurance plans, refer to [aetnastudenthealth.com](http://aetnastudenthealth.com).

The Aetna logo is displayed in a bold, purple, lowercase sans-serif font. The letter 'a' is stylized with a small loop at the top. A registered trademark symbol (®) is located at the top right of the 'a'.

[aetnastudenthealth.com](http://aetnastudenthealth.com)