

We treat members differently



Perks beyond your plan

Your health plan is just the start of the good life. With all these extras, it's easier than ever to take an active role in your health, to be the best you possible. And best of all, there's no additional membership fee to take advantage of all these life-changing services.

Some things in life are free

HEALTHWISE® KNOWLEDGEBASE

This online database is the next best thing to having a doctor in the house. It's the convenient, professional, reliable source for making better health care decisions. From what ails you to what confuses you, you're sure to find the advice and help you need when you need it. Visit ghc.org/kbase

TRAVEL ADVISORY PROGRAM

Getting ready to travel outside the U.S.? Add this service to your itinerary. Get free advice on the immunizations you may need and how to get them. Receive a special information packet tailored to each destination. Call **206-326-3488**.

FREE & CLEAR® TOBACCO CESSATION

If you're a tobacco user, the Free & Clear® Quit for Life® Program is designed to help you stop at no cost. Proven individual phone-based or face-to-face group programs give you the tools and assistance to quit for good. To register, call **1-800-462-5327** or visit freeclear.com/ghc

CONSULTING NURSE

Whether you have an illness, injury, or just want medical advice, the Consulting Nurse helpline is there for you, 24/7. If you receive care at a Group Health Medical Centers location, nurses can view your online medical record. A physician is on-site, too. Call **1-800-297-6877**.

HEALTH PROFILE

Ever wonder just how healthy you really are? Your Health Profile is an online, personalized health questionnaire about your lifestyle habits and family history. Once completed, a color-coded report tells you how you're doing, and offers recommendations for positive changes. Learn more at ghc.org

LIFESTYLE COACHING

Based on your Health Profile answers, you can have a Lifestyle Coach contact you. A little support goes a long way. Make positive changes in eating habits, physical activity, tobacco use, and coping with stress. Continuing phone contact is geared to your convenience.

Membership has its advantages. Everything here is designed to help you live a better life. Just choose what you need, when you need it. It's that easy.

Some things come with a discount

COMPLEMENTARY CHOICESSM

In addition to traditional medicine, we offer Complementary Choices. Receive a 20 percent discount on acupuncture, naturopathy, chiropractic, massage, yoga, tai chi, Pilates, and a personal trainer from our network providers. No referral necessary, and no limit on visits.

CLASSES AND RESOURCES

Birthing and baby care classes, classes for living with chronic conditions (diabetes, arthritis, heart care, etc.). Visit "For Members" on **ghc.org** and select "Classes and Events."

EYE CARE SERVICES

Substantial discounts throughout the year on everything from designer frames and sunglass styles to contact lenses. Special discounts for federal employees, military, and retirees. Visit **gheyecare.org**

GLOBALFIT[®]

This special resource gives you access to numerous affordable options to get fit and have fun. You'll get discounts on more than 10,000 fitness facilities nationwide, plus exercise videos and equipment for the perfect home workout. The popular Nutrisystem[®] weight loss program is also available at valuable savings. Visit **globalfit.com/grouphealth**

WEIGHT WATCHERS[®]

Get special pricing on convenient weight loss programs. You can attend Local Meetings in your neighborhood, get an Online subscription offering interactive Web tools, or use an At-Home kit where you follow the plan step-by-step. Call toll-free at **1-866-634-0753**.



