

## SpecialOffers@Anthem<sup>SM</sup>

As a State employee or retiree, you can get discounts on products that encourage a healthy lifestyle. You'll get "healthy discounts" on things like:

- Weight loss programs through Weight Watchers<sup>®</sup>, Jenny Craig<sup>®</sup> and more
  - Fitness club memberships, equipment and coaching
- Hearing aids
- Allergy products
- Acupuncture
  
- Massage therapy
- Baby safe gear
- Senior Care services

## Better health: getting the most from your benefits

Your health plan should do more than just help you when you're sick. It should help you be your healthiest. That's why Anthem plans include things like vision benefits and large nationwide networks. So you can get more health from your health care.

### Vision

The Anthem plans for the State of Connecticut include vision coverage and discounts:

#### Eye Exams

Your State of Connecticut health benefits cover you for an annual routine eye exam. No matter which plan you have, you do not need a referral.

#### Value-Added Discounts

- **EyeMed** – Save up to 30% on eyeglasses and 20% on nonprescription sunglasses, and get discounts on exams. Choose from private practice or retailer providers including LensCrafters<sup>®</sup>, Target<sup>®</sup> Optical, Sears Optical, JCPenney Optical and most Pearle Vision<sup>®</sup> locations.
- **TruVision<sup>™</sup>**– Pay just \$895 to \$1,895 per eye on LASIK laser vision correction or receive 15-20% discounts and free shipping on contact lens orders.

#### LCA Vision

Save 15% on LASIK when you use a provider in the Premier Lasik Network, one of the largest surgeon networks in the country.

Pay as little as \$695 per eye when you use one of their "select" providers.

### 360° Health<sup>®</sup>

From finding an answer to a common health question to getting one-on-one support for a chronic health condition, you can get the help you need through our 360° Health program. Here's a sampling of what's available to you by accessing the State dedicated website at [anthem.com/staect](http://anthem.com/staect):

- **Future Moms:** Expecting moms can talk with nurses about pregnancy-related concerns. These moms-to-be also receive information to help them prepare for baby and track their pregnancy week by week.
- **ConditionCare:** If you have a chronic condition like asthma, diabetes, heart failure, coronary artery disease, or chronic obstructive pulmonary disease, you know how important it is to take care of yourself —everyday. This program teams you up with a nurse and other professionals. You'll gain a better understanding of your health, receive help following your doctor's care plan and learn to better manage your condition.
- **ComplexCare:** If you're living with multiple medical conditions, you may need a little extra support. With this program, personal nurse coaches help you create personalized goals and stay on track with your doctor's treatment plans. They can also pinpoint and refer you to other 360° Health programs.

Have a question? Call our State-dedicated Member Services Unit at 800-922-2232. We're ready to help you. You'll also find good information at [anthem.com/staect](http://anthem.com/staect).