



Independent Health's Wellness Discounts

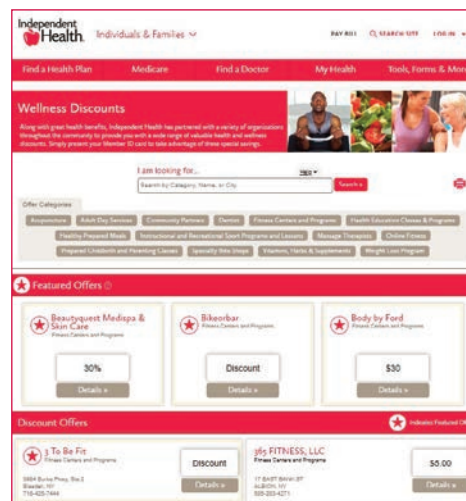
Did you know your Independent Health member ID card does more than show proof of insurance? We partnered with a variety of organizations throughout the community to offer health and wellness discounts on a wide range of goods and services that can help you get and stay healthy. Simply show your ID card and start saving – some discounts offer a savings of 30 percent or more!

FIND THE RIGHT DISCOUNT FOR YOU

We've made it easy for you to search for the perfect discount. Visit independenthealth.com/discounts and use our convenient search tool by entering a category, name or city. Not sure what to look for? Click on a discount category and we'll present you with a variety of options to get you started.

Choose From a Wide Selection:

- Acupuncture
- Adult Day Services
- Community Partners
- Healthy Prepared Meals
- Instructional and Recreational Sport Programs and Lessons
- Massage Therapists
- Prepared Childbirth and Parenting Classes
- Specialty Bike Shops
- Vitamins and Herbs
- Weight Loss Program
- Wellness and Fitness



HOW TO RECEIVE YOUR DISCOUNT

Simply present your Independent Health Member ID Card at the time of purchase. It's that easy!

TAKE ADVANTAGE OF THESE GREAT SAVINGS TODAY!

To view or print the latest selections of wellness discounts and participating locations, visit independenthealth.com/discounts.

For additional information, please contact our Member Services Department at (716) 631-8701 or 1-800-501-3439 (TTY: 711).

You Deserve the RedShirt Treatment.®



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