

# Your Wellness Card For You And Your Family

This benefit is provided to you and your family free by your employer. If you need additional cards, please let your employee benefits office know.

**Even if you have health care coverage**, you can use this card. More details are available by visiting [www.yourwellnesscard.com](http://www.yourwellnesscard.com).

## What will the Wellness Card do for me?

You will get the types of discounts the HMOs and managed care plans get for a wide variety of health care services like:

- Prescription drugs, including those that may not be covered by your health plan or may be limited. 50,000+ pharmacies nationally including major chains and independents.
- Vision Plan for \$25 out of pocket patients can choose fashionable frames including prescription lenses, hard carry case, lens cloth and one year frame guarantee and the rest of this vision benefit includes deep discounts on contacts, eye exams and more.
- Medical Eye Services/Procedures like RK and LASSIK and includes eye exams by ophthalmologist (MDs) at substantial discounts.
- Hearing benefit with Beltone, Audibel, Miracle Ear, Sears for free exams, discounts on equipment, repair, check ups and more.
- Complimentary medicine benefits like massage therapy, chiropractic, wellness physical therapy, nutritional products, home/office environmental products and more.
- Health clubs and fitness centers – substantial discounts without a contract, month to month transferable memberships and travel benefits. (Bally's requires one year contract.)
- In some areas physicians are available in this plan.
- And more – see the website ([www.yourwellnesscard.com](http://www.yourwellnesscard.com)).

Wellness resources are available to you through this program's web site as well ([www.yourwellnesscard.com](http://www.yourwellnesscard.com)) and they include:

- Health Risk Assessment
- Diet Calculator
- Exercise Calculator
- Wellness Links
- Newsletters/Health Specific Topics
- Medical Encyclopedia/Dictionary
- Links to Health Insurance/Benefit Information

**Who can use this card?** Employees and dependents (retirees may be eligible. Check with your employee benefits office).

**For more information** about how to use these cards and even if you already have health coverage go to [www.yourwellnesscard.com](http://www.yourwellnesscard.com) or check with your benefits office. Those without health coverage will find more ways to use it than those who do have coverage. Tips on how to use this card to plug niches and gaps left by your plan are on the website.