



UnitedHealth AlliesSM Savings Bulletin:

Fitness and Weight Management

Clothes feeling a bit snug? Suffering from an “energy crisis?” UnitedHealth AlliesSM can help you look better, feel better and save money, with discounts on a variety of wellness products and services, including:

Weight loss programs:

- Through eDiets,TM save \$10 on the monthly fee for popular online diets.
- THINK LIGHT! is a sensible, proven approach for acquiring healthy, lifelong habits that work for you. Save 10 percent on the THINK LIGHT! program, which includes a booklet, CD-ROM, daily menus and more.
- Ideal Health offers custom-formulated weight loss products based on your individual nutritional analysis.
- Structure House[®] is a residential program for weight loss, lifestyle change, and diabetes management. Members receive a 20% discount on New Participant programs.

Losing as little as five percent of your overall body weight can really make a difference

It just makes sense.SM

Fitness clubs: Save up to 50 percent on membership dues through GlobalFit, including select Bally Total FitnessTM and Gold's Gym[®] locations.¹ (To find participating locations, be sure to visit www.unitedhealthallies.com.)

Nutritional counseling: Receive personal counseling from professional nutritionists at savings of up to 20 percent.

Vitamins and supplements: Save up to 50 percent on hundreds of vitamins, supplements and personal care items and enjoy convenient mail-order service.

Get active. Eat right. Invest in yourself.

Two easy ways to find out about programs in your area:

- Call Customer Care at **1-800-860-8773**. Or,
- Log onto www.unitedhealthallies.com. If you're a first-time user, follow the instructions to create an online account using the member number on your UnitedHealth Allies ID card or UnitedHealthcare medical ID card.

Overweight?

You're not alone.

More than a quarter of the American population² is considered obese. Carrying excess body fat is bad for your health. The good news? Losing as little as five to 15 percent³ of your overall body weight can really make a difference, lowering your risk for diseases such as diabetes and high blood pressure.

With savings of up to 50 percent, UnitedHealth Allies makes it easy to take charge of your health and well-being—and hard to make excuses!



¹ Available in participating locations only. You must sign up through UnitedHealth Allies to receive the discount.

² Centers for Disease Control. *Prevalence of Overweight and Obesity among Adults: United States, NHANES 1999-2000*. CDC.

³ National Institutes of Health, *Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults*. NIH Publication No. 98-4083, September 1998

UnitedHealth Allies is a program that offers discounts on health products/services to UnitedHealthcare enrollees. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in the program due to state regulations.