

CREATIVE HEALTH SOLUTIONS

Introducing MyLife MyPlan



Optima Health offers creative health solutions to help you take charge and get the most out of your health plan and life - introducing **MyLife MyPlan**. Our revolutionary programs, designed with clinical experts, show you how to get started, stay motivated and exceed your health improvement goals. Let **MyLife MyPlan** work for you!

Getting Started is a Personal Health Assessment members complete online to receive health improvement and lifestyle information.

Staying Healthy offers award-winning nutrition, fitness, tobacco cessation, and screening programs.

- **Healthy Habits Healthy You** helps you take steps to prevent diabetes and heart disease.
- Your **Optima Health Coach** can help make a difference in your life.

Improving Health involves a team of Optima Health Coaches specialized in clinical, behavioral, and disease management, dedicated to helping you manage your specific health needs.

Saving More provides added value for members with discounts on products and services including massage therapy, natural supplements, eye exams, eyewear, hearing aids, fitness centers, and more.

Managing Meds helps ensure the safety, effectiveness, and affordability of the prescription medications covered by your pharmacy benefit.

Get Started With Your Personal Health Assessment:

Begin taking charge of your health by completing your Personal Health Assessment annually to learn ways to improve your health and lower your health risks. Here's how to access your Personal Health Assessment:

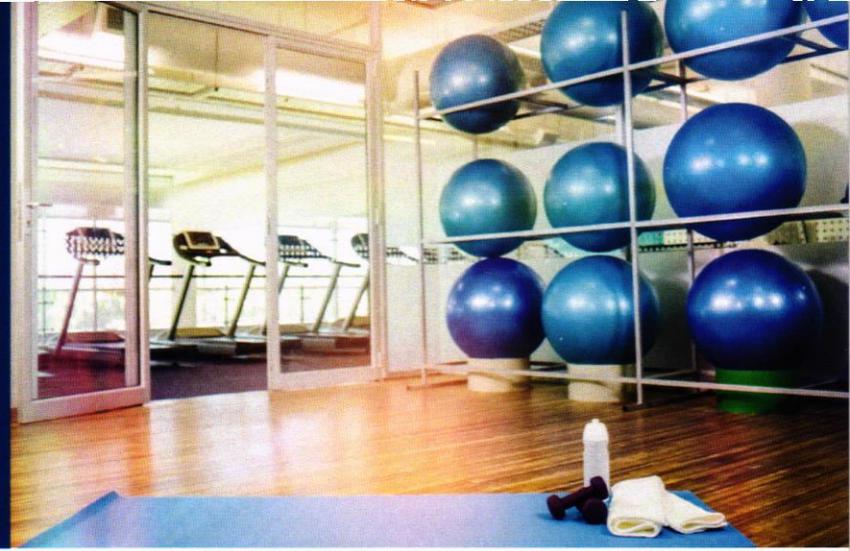
1. Sign in at **optimahealth.com/mylifemyplan**.
2. Select the Personal Health Assessment link.
3. Follow the instructions to complete your Personal Health Assessment.

For more information, visit:
optimahealth.com/mylifemyplan

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SAVING MORE

Gym Network 360 from GlobalFit and Optima Health



Optima Health members have access to premier fitness, weight loss, and wellness brands at discounted pricing with Gym Network 360.

Optima Health and GlobalFit have teamed up to offer Optima Health members the best fitness brands at the best prices.

Gym Network 360 provides access to premier fitness, weight loss, and wellness brands at discounted pricing along with the education, resources, and tools to engage and motivate members to become more active and adopt healthier behaviors.

Exercise

Members enjoy savings of 5-20% off retail rates of over 9,500 fitness facilities and programs designed to engage at all fitness levels.

- Top brands include 24 Hour Fitness, Anytime Fitness, Curves, Gold's Gym, LA Fitness, and more.
- Regional and specialty studio options include CrossFit, cycling, kickboxing, yoga, and more.

- Virtual fitness options include Group Fitness On Demand powered by Les Mills, and exercise videos from Zumba.

Eating

Members enjoy exclusive rates on top-ranked nutrition, weight loss, and healthy eating programs.

- Variety of meal plans include fresh prepared meals, and diet delivery options.
- Discounts on top brands such as Nutrisystem, Jenny Craig, Diet-to-Go, and Kurbo.
- Discounts on vitamins, supplements, and other healthy food products.

Education

Gym Network 360 provides wellness tools and resources to support and motivate members through their wellness journey all year long, including monthly promotions for additional savings.

For access to Gym Network 360, visit our **Health and Wellness Discounts** page at optimahealth.com/members

Optima Health 

These discounts apply for all Optima Health members and do not, in any way, affect your premium, nor are they covered benefits under your health plan. These discounts cannot be used in conjunction with any other discount, rider, or benefit, and you will be responsible for applicable taxes. Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc. Optima Vantage HMO products and Point-of-Service products are underwritten by Optima Health Plan. Optima Plus PPO products and Optima Individual Plans are underwritten by Optima Health Insurance Company. Sentara Health Plans, Inc. provides administrative and TPA services for self-insured group health plans. The services listed on this flyer are value-added benefits available to Optima Health plan members and not covered benefits under any Optima Health Plan.