

Jazzercise®—Receive one week free and 15% off the monthly fee. Jazzercise is a fusion of dance, resistance training, pilates, yoga, and kickboxing movements all set to popular music in a 60-minute class. Some locations offer a variety of class options, including Jazzercise Lite, Body Sculpting, and a 30-minute Jazzercise Express. Benefits include increased cardiovascular endurance, strength, flexibility, and an overall feel-good factor.



Present your GHI member ID card and a valid ID to the Jazzercise Instructor to receive your discount. Offer is valid at participating locations. Fresh moves, new music, pure motivation. Jazzercise. It shows.

For more information and to find a class near you, call 1-800-FIT-IS-IT or visit the special offers section at jazzercise.com.



NutriSystem®—NutriSystem takes the work out of weight loss with food delivered right to your home. You can eat five times a day, and there is no need to count points, calories, or carbs. GHI members get \$30 off all 28-day program orders plus all the benefits found at www.nutrisystem.com. In addition, you will get:

- A full 28 days of NutriSystem foods for breakfast, lunch, dinner, and dessert
- An easy-to-follow daily meal planner
- Free exercise DVD
- Free weight loss counseling and free website access to NutriSystem's online tools, articles, and more.

You can sign up online at nutrisystem.com/health using your promo code GHI08, or you can sign up by phone, toll free, at 877-690-6531.

Visit www.ghi.com/goodhealth to start saving!

While GHI makes every effort to update our vendor listings, we cannot ensure that a particular vendor will remain in the program. Please verify vendor participation before making any purchases. These programs are not health care products and are not insured by GHI. Subscribers who use these vendors are directly responsible for the payment of these services. Be sure to identify yourself as a GHI member before receiving these services.



441 Ninth Avenue
New York, NY 10001

ghi.com



Good Health Incentives

At GHI we have your best health in mind. That's why we offer you discounts on complementary care such as acupuncture, massage therapy, and laser vision surgery.

Good Health Incentives is a discount program that gives you access to services that help you and your family get healthy and stay healthy. It is not a covered benefit—there are no referrals, no copayments, and no coinsurance to these non-insured benefits.

As a GHI member, you have access to all of the features of Good Health Incentives. Simply call the number that's provided or visit www.ghi.com/goodhealth to start saving.





Weight Watchers® Meetings—Coaching and sharing with others can help you make positive changes to lose weight and keep it off. To locate a meeting near you, call (800) 651-6000 or visit the Web site at weightwatchers.com any time for FREE registration.

Weight Watchers® At Home—A complete 12-week program, especially for those who cannot make a weekly meetings. Receive \$10 off the standard price, a deluxe program kit, and access to a helpline and other valuable tools to help keep you on track. Call (800) 710-4663 to order a kit.



Weight Watchers® Online Program—Track your weight and chart your progress with innovative, interactive tools. Manage your food choices from hundreds of sample recipes. And, make smarter food choices with a restaurant guide. Visit the Web site to receive \$10 off a 3-month subscription.

Health Club Memberships—Save up to 30% on monthly membership fees. There are no long-term contracts and you can cancel any time. You can transfer your primary club membership at no cost. Join a club in the WellQuest network, and enhance your fitness program with nutritional counseling from Miavita. To locate a club near you, call (800) 595-8448 or visit the Web site at wellquestonline.com.



Registered Dieticians—Save up to 25% on nutrition counseling for weight loss, disease prevention, and food composition to help you reach your desired goal. Individual sessions or group support classes are also available. To locate a credentialed dietician, call American Specialty Health Networks at (877) 327-2746 or visit the Web site at ashcompanies.com.

Massage Therapy—Save up to 25% on therapeutic massage to relieve stress, relax muscles, and improve the general well-being of the body. Choose from deep muscle/tissue massage, Shiatsu, sports massage, or other massage techniques. To locate a credentialed massage therapist, call American Specialty Health Networks at (877) 327-2746 or visit the Web site (see above).



Acupuncture Therapy—Save up to 25% on acupuncture, a therapeutic technique that helps boost the immune system and stimulates the body's natural protective and pain-fighting systems. To locate a credentialed acupuncturist, call American Specialty Health Networks at (877) 327-2746 or visit the Web site (see above).

Vitamins and Natural Supplements—Browse the Healthyroads (healthyroads.com) online store for more than 2,400 quality, brand-name health products. You can save up to 45% off dietary supplements, skin care, nutrition products, and mental imagery and relaxation modules – all with FREE shipping.



Hearing Care—A hearing care program for people of all ages. You and your family members can receive 20% off any hearing aid purchase. Call HEARx at (800) 323-3277 for a convenient location or visit the Web site at hearx.com.

Vision Affinity Discount Program—Save up to 20% on eye examinations, eyewear, and contact lenses. To locate a participating provider in your area, please call Davis Vision at (877) 92DAVIS (refer to Client Control #7810) or visit the Web site at davisvision.com.



Laser Vision Care—Save up to 25% on the usual and customary fee for laser vision correction. To locate a participating provider in your area, please call Davis Vision at (800) 584-2866 (refer to Client Control #7940) or visit the Web site (see above).

Health Care Services and Products—A comprehensive, national health care discount program. Save up to 50% on prescription medications, dental care, medical supplies, home nursing care, and more. There are no limits on use, no claims to file, and one registration fee covers the entire family. Call CARExpress at (866) 635-9532 or visit the Web site at carexpresshealth.com.



Jenny Craig®—Join Jenny Craig and receive a FREE 30-day program*. Together with one-on-one support, Jenny Craig will design a personalized program that fits your lifestyle. Every day, your menu includes three meals and snacks chosen from over 80 delicious items. Members can choose from several programs:

- Free 30-day Trial program*: After 30 days, you can upgrade using the employee discount to one of the programs below.
- 25% off the Corporate VIP 6-month program or 1-year Platinum program*.
- 20% off the Jenny Rewards 1-year program*: Weekly food discounts will increase throughout the year, based on active participation.

Please visit jennycraig.com/corporatechannel/ghi.aspx. From this site, you can print your coupon and bring it along with your GHI member ID to your FREE consultation. Call 1-800-97-JENNY to find the nearest center or to learn more about Jenny Direct, the at-home program!

*Plus the cost of food. Discounts apply to membership fee only. Offer good at participating centers and Jenny Direct in the United States, Canada, and Puerto Rico.