

Better health and savings are part of the plan.

Healthy Rewards make it easy to start.

The National Association of Letter Carriers Health Benefit Plan has you covered. Our Healthy Rewards® program offers a range of discounts on services, products and more.* Ready to reward yourself with better health and savings? Just use your medical insurance ID card when you pay and let the savings begin. Here's how we can help:



Wearable fitness devices

Track activity, exercise, sleep and more with Fitbit® devices at a great discount.



Vision

Discounts on vision exams, eyewear, prescription sunglasses plus reduced LASIK rates at over 600 participating facilities.



Fitness club memberships

Discounts on fitness club memberships and virtual workout options.



Hearing

Amplifon Hearing discounts on exams, hearing aids, custom hearing solutions and service programs.



Specialty provider discounts

Discounts on specialty health practitioner services including acupuncture, chiropractic care, massage therapy, physical and occupational therapy, podiatry and registered dietitian support.



Nutrition

Mom's Meals offers home-delivery meal service with free shipping.

To start saving today, visit nalc.yourcareallies.com for High Option members, and myCigna.com for CDHP members. For the High Option Plan, once logged on, please go to the "Wellness" tab, click "Wellness & Incentives" and scroll down to the Healthy Rewards section.

For the CDHP Plan, once logged on, please go to the "Wellness" tab, click on "Wellness Home", and scroll down to the Healthy Rewards section.

Or call **800.870.3470**.



* Healthy Rewards programs are NOT insurance. Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

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