



# Independent Health's Wellness Discounts

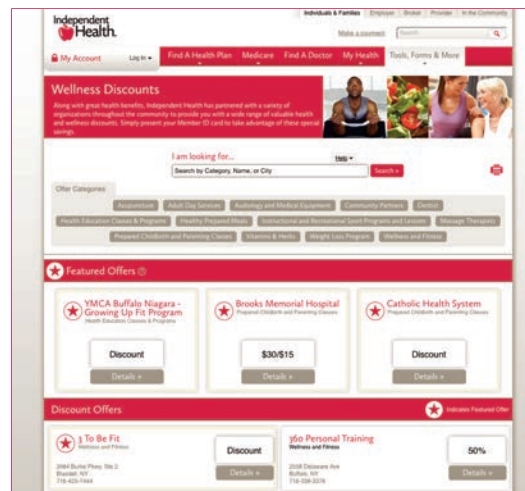
Did you know your Independent Health member ID card does more than show proof of insurance? We partnered with a variety of organizations throughout the community to offer health and wellness discounts on a wide range of goods and services that can help you get and stay healthy. Simply show your ID card and start saving – some discounts offer a savings of 30 percent or more!

## FIND THE RIGHT DISCOUNT FOR YOU

We've made it easy for you to search for the perfect discount. Visit [independenthealth.com/discounts](http://independenthealth.com/discounts) and use our convenient search tool by entering a category, name or city. Not sure what to look for? Click on a discount category and we'll present you with a variety of options to get you started.

### Choose From a Wide Selection:

- Acupuncture
- Adult Day Services
- Audiology and Medical Equipment
- Community Partners
- Dentists
- Health Education Classes and Programs
- Healthy Prepared Meals
- Instructional and Recreational Sport Programs and Lessons
- Massage Therapists
- Prepared Childbirth and Parenting Classes
- Vitamins and Herbs
- Weight Loss Program
- Wellness and Fitness



## HOW TO RECEIVE YOUR DISCOUNT

Simply present your Independent Health Member ID Card at the time of purchase. It's that easy!

## TAKE ADVANTAGE OF THESE GREAT SAVINGS TODAY!

To view or print the latest selections of wellness discounts and participating locations, visit [independenthealth.com/discounts](http://independenthealth.com/discounts).

For additional information, please contact our Member Services Department at (716) 631-8701 or 1-800-501-3439.

You Deserve the RedShirt Treatment.®



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