



GREAT WAYS TO HELP STAY HEALTHY

Oxford Health Plans wants to be an active partner with our Members. We believe in the power of prevention. That's why we're committed to giving you access to the benefits, programs and practical resources you can use. Here are just a few of the ways we try to make your life better:

- Log on to www.oxfordhealth.com and enter the oxfordhealth Center for a broad range of useful information including preventive care guidelines, plus information on chronic conditions like asthma and diabetes.
- Save money by asking for generic drugs that can have a lower copayment.
- Schedule an annual physical with an in-network provider at no charge¹.
- Get routine, preventive, in-network pediatric care at no charge, including childhood immunizations¹ and children's fluoride vitamins².
- Get one well woman exam every six months with a participating provider at no charge (NJ small group Members entitled to one exam every 12 months).
- Get an annual flu shot with no office visit copayment (only applies when Members don't access any other service at the time of the visit).
- Get healthcare guidance from a registered nurse 24/7 with *Oxford On-Call*[®] (for Members of a NY, NJ or CT plan).
- Receive educational brochures about asthma and diabetes from our *Self-Help Library*SM.
- Get a free subscription to *ConsumerLab.com* for information on health and nutrition products.
- Treat yourself to a massage at a reduced rate; access to the area's first credentialed network of complementary and alternative medicine providers.
- Take advantage of our gym reimbursement program and put money back in your pocket¹ while getting fit.
- Enjoy discounts through our *Healthy Bonus*SM program on Weight Watchers[®], spa, nutrition, exercise facilities and select products.



Oxford Health Plans[®]
there is another way[®]

www.oxfordhealth.com