



**healthy bonus<sup>®</sup>**

Oxford Health Plans<sup>®</sup>



**More *Healthy Bonus* Values  
A Guide for Oxford Members**



## More *Healthy Bonus*® Values for Members

At Oxford, we know a good thing when we see it, and it seems that our Members do, too. Our *Healthy Bonus* program is so popular with our Members that we're constantly looking for ways to enhance it — to give you more discounts on the products and services you want most.

We added ten new offerings to our program, providing you the opportunity to receive special values in addition to our regular discounts on vision care, weight loss, fitness, nutrition, and spa services. Oxford's *Healthy Bonus* program is just one more example of our ongoing commitment to helping you keep your body, mind, and spirit healthy.



**healthy bonus**  
Oxford Health Plans®

For more information on the discounts available to you, log on to [www.oxfordhealth.com](http://www.oxfordhealth.com) and click on the oxfordhealth Center on your account page. Once in the oxfordhealth Center, go to the Oxford features section and select Member discounts.

**Note:** Offers are valid through June 30, 2004. These discounts are offered in addition to, and separate from, your benefit coverage through Oxford Health Plans. These arrangements have been made for the benefit of our Members. Discounts may change from time to time without notice. Discounts are applicable to the items referenced only. Oxford Health Plans cannot assume any responsibility for the products or services provided by the vendors and the failure of vendors referenced to make available discounts negotiated with Oxford; however, any failure to receive discounts should be reported to Oxford's Customer Service by calling the number on your Member ID card.

## Brookstone

Brookstone specializes in offering innovative and unique products including items for the home and personal care.

Now, Oxford Members can feel happier, healthier, and more relaxed with innova-

# Brookstone®

tions from the latest massager to our revolutionary Tempur-Pedic® products. Escape to a place where relaxation and tranquil sounds prevail with the Travel Tranquil Moments and Sound Therapy Eye Mask. Turn any desk chair or car seat into a soothing, therapeutic experience with the 10-Motor Seat Topper and Min/Max Lumbar Cushion. Pamper your tired feet with our Theraspa Shiatsu Foot Massager and Massaging Foot Bath and Spa. They're just what you need after a long day.



Enjoy 15 percent off of the following innovative products from Brookstone\* by calling **800-343-9855** and identifying yourself as an Oxford Member.

New Talking Pedometer (350314) . . . . .	\$25
Tempur-Pedic® Eye Mask (234393) . . . . .	\$35
Sound Therapy Eye Mask (288217) . . . . .	\$40
Massaging Foot Bath and Spa (264424) . . . . .	\$49
TheraSpa Cordless Rechargeable Massager (235358) . . . . .	\$49
Min/Max Lumbar Cushion (257543) . . . . .	\$50
TheraSpa Heated Massager (235366) . . . . .	\$59
New Tempur-Pedic® Comfort Step Slippers (340273/340281/340299/340307) . . . . .	\$65
New Travel Tranquil Moments with Alarm Clock (359901) . . . . .	\$75
Tempur-Pedic® Transit Pillow (214387) . . . . .	\$75
15 Speed Professional Percussion Massager (235333) . . . . .	\$99
10-Motor Seat Topper with Heat (257543) . . . . .	\$99
Tempur-Pedic® Standard Cervical Neck Pillow (175414) . . . . .	\$99
New Comfort Pillow by Tempur-Pedic® (355917) . . . . .	\$125
Theraspa Shiatsu Foot Massager with Heat (218495) . . . . .	\$250

\*A 15% discount is applied to the product's retail price listed above. Prices are subject to change without notice. Applicable shipping is not included in the retail price. Items may become unavailable without notice. Offer is not redeemable in stores or online.

## Puritan's Pride Vitamins

Puritan's Pride is a leading direct-to-consumer source for premium quality vitamins, food supplements, minerals, and herbs. Puritan's Pride manufactures the freshest, most potent supplements in their own facilities using only the finest ingredients. Every product is backed by their 100 percent money-back guarantee. As an Oxford Member, you're entitled to a **free** bottle of Vitamin E with your first purchase.



You'll also receive an additional 10 percent savings off their already low prices on over 1,400 products.

Call **800-645-1030**, mention source code EOX7HH, and request their latest catalog. To receive your additional 10 percent savings, use catalog code EOX7HH instead of the regular catalog code each time you place an order. For online orders, log on to [www.puritan.com](http://www.puritan.com) and enter coupon code EOX7HU on the check-out page.



## Safe Beginnings

Safe Beginnings offers a 20 percent discount\* on its large selection of childproofing items, including safety gates, cabinet locks, outlet



covers, and window guards. The company also features such popular infant and toddler accessories as baby carriers, jogging strollers, and developmental toys and videos. You'll also find home safety basics including fire escape ladders, carbon monoxide detectors, and first aid items. Visit [www.safebeginnings.com](http://www.safebeginnings.com) and enter code OHP or you can call **800-598-8911** for a free catalog. Be sure to identify yourself as an Oxford Member.

\*Some exclusions may apply and are noted along with the product information. This discount cannot be combined with any other discount or special offer, and cannot be applied to previous purchases.

## Tiger Schulmann's Karate

Tiger Schulmann's Karate (TSK) is about more than developing skills in self defense; it's about improving strength, focus, and confidence while getting in top physical condition. Classes are held at numerous locations throughout New York, New Jersey, Connecticut, and Pennsylvania.

TSK extends the following exclusive offers to Oxford Members: a free introductory class and a one-month membership package for \$149, including up to eight group classes, one private lesson, a TSK workout uniform, and an instructional video or DVD.\* Call **800-52-TIGER** for the location nearest you.

\*Offer valid only to first time participants with Oxford Member ID card and cannot be combined with any other offer.



## WellQuest Fitness Network

The WellQuest Fitness Network is an extensive network of more than 150 high-quality fitness centers in the tri-state area. WellQuest evaluates and credentials all of their facilities to ensure that they meet standards in providing a safe and unique professional health club experience. There are no expensive initiation fees and long-term membership contracts. With the WellQuest Fitness Network, you can enjoy a short-term membership with a month-to-month renewal. Pay a one-time \$49 registration fee (plus \$29 for each family member), and select a participating facility as your primary club. Your low monthly fees are paid directly



## WellQuest Fitness Network

to WellQuest and, in addition to unlimited access to your primary club, you can access any other WellQuest club up to four times a month, sixteen times a year, at no additional cost. A certified fitness instructor will provide a fitness evaluation and program orientation to help you reach your personal fitness goals. You must enroll directly with WellQuest to enjoy these benefits and be eligible for their special discounted membership rates.

At no extra cost, WellQuest members may also enjoy a personalized nutrition program provided through WellQuest's partnership with Miavita, a national nutrition guidance program. To access the service, WellQuest members must complete a short online questionnaire documenting health and exercise habits and any existing chronic health conditions such as diabetes, cholesterol, and hypertension. A Miavita nutritionist will send you (via e-mail) weekly meal plans, shopping tips, weight-loss strategies, and fitness tips tailored to the individual.

To receive more information, a free club pass or a current list of clubs, call WellQuest at **800-595-8448** or visit [www.wellquestonline.com](http://www.wellquestonline.com).

## Stott Pilates

STOTT PILATES is a mind-body fitness program originally developed for professional dancers and athletes. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, its routines can be performed at home on a mat or in a studio with specialized equipment.

# STOTT PILATES™

Use STOTT PILATES to develop optimal

strength, flexibility and endurance, improve posture and balance, relieve stress, and heighten mental concentration, without building bulk or stressing joints. Based on modern exercise and rehabilitation science, it's designed for everyone



from post-injury patients to top-performing athletes and professional dancers. STOTT PILATES offers more than 50 Pilates training videos and DVDs, with titles ranging from *Be Kind to Your Spine* to *Strong & Streamlined*. STOTT Equipment,\* which is used by sports teams, health professionals, and fitness facilities worldwide, is engineered to ensure maximum safety, versatility and durability.

In addition to its commercial line, the portable Fitness Circle,\* Flex-

Band\* resistance exercisers, and Home Folding and Deluxe Pilates Mats are great for home use. Exclusive through the *Healthy Bonus* program, Oxford Members receive 20 percent off suggested retail prices on STOTT PILATES videos and equipment.\*\*

For more information, or to order, Members should call **800-910-0001** or visit [www.stottpilates.com/oxford.html](http://www.stottpilates.com/oxford.html). Promotional code OXX3 should be used when placing orders.

\*Trademark or registered trademark of Merrithew Corporation, used under license.

\*\*Some restrictions apply. Offer may not be combined with any other offer or discount.

## OMNIfitness

OMNIfitness is one of the largest retailers of performance home fitness equipment in the United States. At an OMNIfitness store, you'll find both commercial grade gym equipment (including the world-famous Lifecycle bike, the elliptical cross-trainer, and the LifeFitness treadmills) and home versions of these same models.



In addition, you will find quality home gyms featuring: Parabody, Powertec, and Vectra, and a wide range of benches, free weights, and accessories.

As an Oxford Member you are entitled to 10 percent off home fitness equipment and free delivery, valued up to \$150. To find an OMNIfitness store near you, log on to [www.omnifitness.com](http://www.omnifitness.com) or call **877-875-OMNI**.



Present your Oxford Member ID card at the time of purchase. The discount applies to manufacturers' suggested retail price and cannot be combined with any other promotions, price discounts, or coupons.

Free delivery applies to clients living in a state with an OMNIfitness retail store.

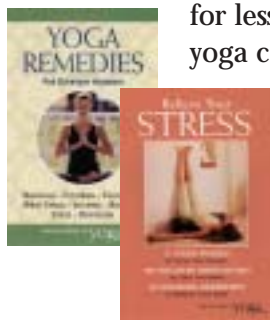
## Health and Cooking Light Magazine Subscriptions

*Health* magazine is the smart woman's guide to beauty, fitness, and well-being. Every issue offers expert techniques, advice, products, and tips to put you at your best. Because you're an Oxford Member, you can subscribe to *Health* — 10 issues for \$10, a savings of more than 70 percent off the cover price. Or try *Cooking Light*, your resource for food, fitness and fun. *Cooking Light* gives you nutritious and delicious recipes in every issue — 11 issues for only \$16, a savings of more than 65 percent off the cover price. For even greater savings, get both *Health* (10 issues) and *Cooking Light* (11 issues) for a year for only \$20, a total savings of more than 75 percent. To order your subscriptions, available at these prices to Oxford Members only, call toll-free at **877-300-7177** and mention the promotional code OXHP.



## Yoga Journal

Relax your body, be flexible, build strength, and feel healthier all year long with *Yoga Journal* magazine. You will receive instructions from some of the country's master teachers for less than it costs to take a single yoga class. By reading its wide-ranging articles, you will also be able to develop a deeper awareness of yoga, taking it off the mat and into virtually everything you do; from the way you eat, to the way you relate to others, even the way you feel about yourself. As an Oxford Member, you'll get the special discount of 68 percent off the cover price. Subscribe now and get one year (seven issues) of *Yoga Journal* for just \$11. As a bonus, you will also receive two booklets free with your subscription order: *Relieve Your Stress* and *Yoga Remedies for Everyday Ailments*. To order Members should call **800-557-1095** or visit [www.yogajournal.com/oxfordhealth](http://www.yogajournal.com/oxfordhealth).



## The Spa Finder Company

Spa Finder is the world's leading resource for spa services providing travel, gift certificates, gift collections, and *Spa Finder Magazine*. They recognize that people have individual needs and that spas can differ — some are designed for total pampering; some are oriented toward mind/body alternative healing; while others create atmospheres to transport you to a fantasy experience. Whatever your preference, a spa should provide a comfortable atmosphere to help you de-stress, relax, and leave feeling renewed.

Giving Spa Finder Gift Certificates is an ideal way to offer someone a spa experience that is right for them. Spa Finder gift certificates start at \$50 and can be redeemed directly at over 800 premiere day spas nationwide.

Recipients make their appointment directly with the participating day spa for the services of their choice and present the gift certificate toward payment upon checkout. Spa Finder Gift Certificates are presented in a sophisticated envelope with a directory of participating spas and a booklet of helpful spa tips. Most importantly, a Spa Finder Gift Certificate recipient will value their spa experience and return rejuvenated and refreshed.

Spa Finder is pleased to offer Oxford Members a \$15 discount off of a \$100 gift certificate purchase. Additionally, Oxford Members are eligible for a free trial issue of *Spa Finder Magazine*, as well as free shipping on their gift certificate purchase. To order discounted gift certificates, log on to [www.spafinder.com](http://www.spafinder.com) or call **888-ALL-SPAS** and use promotion code OXHB. To receive a free trial issue of *Spa Finder Magazine*, please call **888-763-6409** and use promotion code M02OXF.



## Princeton Ski Shops

For more than four decades, Princeton Ski Shops has been the premiere destination for skiers and snowboarders in the metropolitan area. Conveniently located in New Jersey, Westchester County, Manhattan, and on Long Island,

# PRINCETON SKI SHOPS

Princeton offers a wide range of brand name ski and snowboard equipment, clothing, and accessories. Princeton switches gears in spring and summer to warm weather action sports, offering a large selection of inline skates, protective gear and accessories, as well as a complete tennis pro shop with a wide variety of equipment and clothing.

During the summer season, Princeton Ski Shops introduces paddle sports in partnership with the Manhattan Kayak

Company. Princeton will outfit you with a kayak, get you on the water, and teach you all you need to know. Show your Oxford Member ID card to receive \$20 off any purchase of \$100 or more (applies to all non-sale items only) at any of the four Princeton locations or at the two affiliate Out of Bounds locations.\* For store information, please call **800-ALL-SKIS** (800-255-7547) or visit [www.princetonski.com](http://www.princetonski.com).

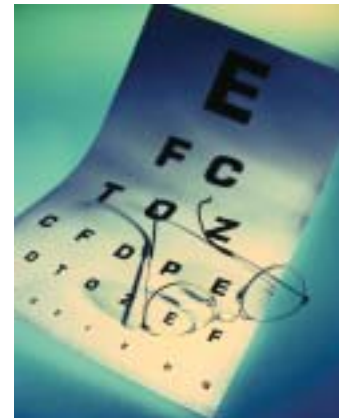
\*Some restrictions may apply. Offer may not be combined with any other offer or discount and may only be utilized by each Member once per month.



## General Vision Services (GVS)

The GVS Vision Pass discount program is available to all\* Oxford Members. GVS provides service in over 140 locations in New York, New Jersey, and Connecticut. GVS has opticians and independent Doctors of Optometry on staff at each site and is associated with select locations of two of the optical industry's leaders — Cohen's Fashion Optical and Sterling Optical. To take advantage of the

**GVS**  
GENERAL VISION SERVICES



Vision Pass program, you must first call the GVS Vision Pass hotline at **800-884-3332** to register and to select a GVS location near you. After you receive your Vision Pass registration number, call the GVS practitioner you selected to schedule an appointment. Take your Member ID card and Vision Pass registration number to the appointment. If you have any questions regarding this program, you should call **800-VISION-1**.\*\*

- **Eyewear:** For a \$60 (single vision) or a \$70 (bifocal) fee per service, you can receive a complete eye examination including glaucoma and cataract testing; a choice of frames in assorted styles, sizes, and colors with a retail value of up to \$60; quality plastic lenses (single-vision, bifocals, oversize, or safety); and cosmetic tinting.
- **Contact lenses:** Standard soft daily-wear lenses are available for \$79.95; extended-wear contacts for \$99.95. Fees include a complete eye examination and one pair of contact lenses, plus a year of follow-up visits. Disposable contact lenses are not included in this offer.

\*You may be eligible for enhanced benefits at no charge if your employer has purchased Oxford's vision rider. Please contact your group's benefits administrator to see whether you can take advantage of this benefit.

\*\*The optical services described above are provided by General Vision Services. General Vision Services is solely responsible for the services provided to participants in this program. Providers participating through General Vision Services are not subjected to Oxford's usual credential verification process.

## The Rob Nevins Program

The Rob Nevins Program is a Connecticut-based three-month healthy eating plan that's tailored to help you lose fat and keep it off through a change in dietary habits. You learn to control weight using everyday foods from the supermarket. The program also specializes in developing nutritional plans for conditions such as diabetes, hypertension, and high cholesterol. Before joining, you may enjoy a 45-minute complimentary no-obligation consultation, including a free body-fat analysis, plan

overview, and evaluation by a trained weight control counselor. If you decide to join, you will receive a customized meal plan and support materials.

A counselor tracks your progress through follow-up visits every two weeks, for a total of twelve weeks. Oxford Members receive a 15% discount off the price of an initial plan membership fee. Rob Nevins maintains office locations and hosts one-hour informational seminars throughout Connecticut. To find dates and times of upcoming seminars or to schedule a consultation in your area, please call **866-ROB-NEVINS** (866-762-6384) or visit [www.robnevins.com](http://www.robnevins.com).

**NEW!**

**Did you know that you can now enjoy all the benefits of The Rob Nevins Program online?**

By joining online, you can access the following features: a body fat calculator, message forums and recipes. Plus you will be able to sign up for the The Rob Nevins monthly "Eating Lessons™" e-newsletter.

The online offer includes one year of access to all the features available through [www.robnevins.com](http://www.robnevins.com), a customized meal plan, and additional support materials and information. Package price starts at \$149.97; an installment plan is available for three easy payments of \$49.99. Oxford Members receive a 15 percent discount off the price of this web site access package. Phone coaching is also available for a small additional charge. Simply visit [www.robnevins.com](http://www.robnevins.com) and enter promotional code OX0903.



**Rob Nevins**  
Personalized *Fat* Loss Programs

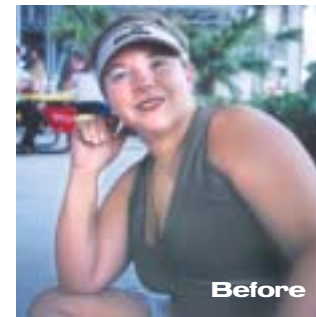
## Weight Watchers®

Moderate weight loss — five to ten percent of body weight — can help reduce the risks of obesity. Weight Watchers *POINTS*® Weight-Loss System involves no complicated calorie counting and puts no



foods off-limits.

Rather, it assists Members through informational and motivational meetings to alter their eating patterns. All meetings are led by trained



Weight Watchers leaders who have lost weight on the program. As an Oxford Member, you pay no initial registration fee\* but are charged a weekly membership fee, which entitles you to attend as many meetings as you like each week.

Call **800-651-6000**, or visit [www.weightwatchers.com](http://www.weightwatchers.com) for more information and a location near them.

\*Available in CT, NJ (except a five mile radius within PA — Gloucester, NJ, Camden, NJ, and Burlington, NJ) and participating areas of NY.



**After**  
Results are not typical.



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