



HEALTHY LIVING BENEFITS

US Family Health Plan is proud to announce a new partnership with GlobalFit, the nation's leading provider of healthy living benefits. The comprehensive selection of programs, products and services offered by GlobalFit is designed to help you maintain optimum health and to keep in top physical condition easily and at an affordable price. We encourage you to take advantage of these benefits and to make health and fitness a top priority.

While not a covered TRICARE benefit, this arrangement offers additional value to your US Family Health Plan membership by providing affordable access to a range of fitness options including:

- a nationwide network of fitness clubs, all with discounted rates and flexible option plans for **new memberships**
- A special low price on the NutriSystem® weight loss program
- Affordable customized wellness programs designed to help members quit smoking, reduce stress and more
- Discounts on home fitness equipment and videos
- On-line newsletter detailing up-to-date news, tips, and recipes

To register now or for more information on GlobalFit's program, please visit www.globalfit.com/usfhpnny or call GlobalFit toll-free at 1-800-294-1500.

To learn more about the fitness club discounts, see the [Discounted Fitness Clubs FAQ](#).

Remember, always check with your PCP before starting a new exercise program or diet.