



January 2009 Tip of the Month

A Tip from *The Benefits Expert*

Did you know...you can lose weight and get fit with great discounts from your health insurance provider?

AvMed's [Healthy Living Programs](#) include:

- **Weight Watchers:** Receive a [discount](#) from Weight Watchers (\$10 to join, plus \$10 per meeting and reimbursement of up to one year of meeting fees after reaching your lifetime goal). Call Weight Watchers at 1-800-651-6000 or AvMed Member Services at 1-800-882-8633.
- **Fitness centers:** 30%-50% off memberships at over 28,000 facilities nationally, including Gold's Gyms and Curves for Women, with 74 participating centers within 30 miles of the Tampa campus. Click [here](#) to search fitness centers.

AvMed members can also receive discounts on activities like yoga and tai chi. Call AvMed Member Services at 1-800-882-8633.

Blue Cross Blue Shield of Florida's [BlueComplements](#) program includes:

- **Jenny Craig:** 20%-50% off specific programs or a FREE 30-day trial membership program (plus cost of food, offer good at participating centers). Call 1-800-597-5366 or visit [Jenny Craig](#).
- **NutriSystem:** \$30.00 off the retail price of an introductory order of 28-Day Favorites Package plus other discounts. For information visit [GlobalFit](#).
- **Fitness clubs:** 20%-60% off retail rates at more than 1,500 clubs, with 81 participating clubs within 30 miles of the Tampa campus, including Shapes, Curves, Gold's Gyms and Bally's. Call 1-800-294-1500 or visit [GlobalFit](#).

United Healthcare's [UnitedHealth Allies Discount Program](#) includes:

- **Weight management:**
 - Jenny Craig – 20%-50% discount
 - NutriSystem – \$30 discount
 - Think Light! – 10% discount
 - Structure House – 20% discount
 - Ideal Health – 16% discount
- **Fitness clubs:** 5%–50% off, with 13 participating clubs within 25 miles of the Tampa Campus including Anytime Fitness and My Gym.

To search UnitedHealth Allies click [here](#), select "Wellness", "Select a Specialty" (e.g., fitness clubs or weight management), and enter your zip code to find providers near you.

Additional [Employee Perks & Discounts](#) available with a valid USF ID card:

- **USF Campus Recreation:** Discounted competitive rates for students, faculty, staff and their family members. Visit [USF Campus Recreation](#).
- **Curves for Women:** USF employees, students and immediate family members can receive 66% off the service fee and a discount off monthly membership at the Temple Terrace location. Call 813-980-0687 for more information.
- **LA Weight Loss Centers:** For special USF savings, call 1-800-526-SLIM.