

Discount Comparison

Discount/ Program	Company/ Plan	Who qualifies?	Offers	Discount rate	Standard rate
CalorieKing	Aetna	COVA HealthAware members	Web-based , personalized goals, lessons and interactive tasks, online food store, food and exercise diary, social networking	15% off annual CaroleKing Program membership, at least 15% off products in online store	\$75 per year, current \$49 special rate
Jenny Craig	Aetna	COVA HealthAware members	Planned menus, tailored activities and support, personal consulting	First month free, 50% off enrollment fee, 10% off food, \$19/mo. personal consulting	\$19/month not including food, summer \$99 enrollment fee
Nutrisystem	Aetna	COVA HealthAware members	Focuses on portion control, balanced nutrition and frequent meals that are provided to members.	Save 12% on any weight loss meal plan, other offers when a plan is purchased	Starts at \$9.82/day for pre-planned meals
Jenny Craig	Anthem	COVA Care & COVA HDHP members	Planned menus, tailored activities and support, personal consulting	50% off activation fee, 10% off food, \$19/mo. personal consulting	\$19/month not including food, summer \$99 enrollment fee
Navafit	Anthem	COVA Care & COVA HDHP members	Networking Approach - apps use the GPS on mobile phones to find others in your area who have similar fitness goals and sports interests.	20% off mobile fitness and nutrition coaching	The app is free. Free trial. Fitness & nutrition coaching from \$19.99 - \$59.99/mo
Power Up (women only)	Anthem	COVA Care & COVA HDHP members	Better health and vitality through: sustained weight loss, higher energy levels, and improved self-confidence. 1:1 coaching	\$80 off over 16 weeks	\$99/mo. for the first 4 months, coaching by phone \$19 - \$33/mo. extra

Discount Comparison

Discount/ Program	Company/ Plan	Who qualifies?	Offers	Discount rate	Standard rate
Fitness center discounts	CommonHealth, Anthem and Aetna	All state employees and these plan members	Discounts at the YMCA and other facilities	Various	Various
Fitness classes	CommonHealth	All employees	Core fitness, yoga, aerobics and other at various state facilities	Pay as you go or monthly fee	N/A
Weight Watchers	CommonHealth	All employees, spouses and family members 18 or older	Weight loss/management and nutrition , at work and community meetings, online program, 24/7 chat line, employees may be reimbursed 50% of cost	As of 10/1/16 – Monthly pass: \$38.22 Monthly online: \$16.96	May vary, generally Monthly pass: \$43.96 Monthly online: \$19.50
Capitol Square Healthcare, Richmond	Commonwealth Health Benefits Program	All employees and early retirees	Healthy lifestyle coaching	\$15 for most health plans, \$75 for remainder and those not in a state plan	N/A
MyActiveHealth Portal	Commonwealth Health Benefits Program	COVA Care, COVA HealthAware and COVA HDHP members	Digital and phone health coaching , support groups, Weight management topics and tips, Wellness Center, videos and webinars, other resources	No cost to members of these health plans	N/A
Healthy Solutions at Home, Inc.	HMR Weight Management	All employees, retirees and family members	Weight loss/management, diet and exercise , telephonic individual or group coaching, pre-planned meals	Changes each quarter: 6/29 – 10/26 \$100 off your first 3 weeks	\$199.95 for three weeks plus free shipping