

SAVING MORE

Optima Health and Husk Wellness



Optima Health and Husk Wellness have teamed up to offer Optima Health members the best fitness brands at the best prices. Members have access to premier fitness, weight loss, and wellness brands at discounted pricing with Husk Wellness.



Husk Wellness, previously GlobalFit Gym Network 360, provides access to premier fitness, weight loss, and wellness brands at discounted pricing along with the education, resources, and tools to engage and motivate members to become more active and adopt healthier behaviors.

Exercise

Members enjoy savings of 5-20% off retail rates of over 6,000 fitness facilities and programs designed to engage at all fitness levels.

- Top brands include Anytime Fitness, Curves, Planet Fitness, OneLife Fitness, and more.
- Regional and specialty studio options include CrossFit, cycling, kickboxing, yoga, and more.
- Virtual fitness options include Honor Yoga, CoPilot, and Husk Movement

Eating

Members enjoy exclusive rates on top-ranked nutrition, weight loss, and healthy eating programs.

- Variety of meal plans include fresh prepared meals, and diet delivery options.
- Discounts on top brands such as Jenny Craig and Diet-to-Go.
- Discounts on vitamins, supplements, and other healthy food products.

Education

Husk Wellness provides wellness tools and resources to support and motivate members through their wellness journey all year long, including monthly promotions for additional savings.

For access to Husk Wellness, visit our **Health and Wellness Discounts** page at optimahealth.com/members



These discounts apply for all Optima Health members and do not, in any way, affect your premium, nor are they covered benefits under your health plan. These discounts cannot be used in conjunction with any other discount, rider, or benefit, and you will be responsible for applicable taxes. Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc. Optima Vantage HMO products and Point-of-Service products are underwritten by Optima Health Plan. Optima Plus PPO products and Optima Individual Plans are underwritten by Optima Health Insurance Company. Sentara Health Plans, Inc. provides administrative and TPA services for self-insured group health plans. The services listed on this flyer are value-added benefits available to Optima Health plan members and not covered benefits under any Optima Health Plan.