More Healthy Bonus® Values
A Guide for Oxford Members
At Oxford, we know a good thing when we see it, and it seems that you do too. We hear good things about our Healthy Bonus® program from Members, and this feedback has helped us expand the program in new directions.

This year, we have more than doubled the number of offers, for a total of 39. In addition to savings on weight loss, fitness, nutrition and publications, this year’s program includes offers that can help you keep your kids healthy and manage special conditions. Our Healthy Bonus program is just one more example of our ongoing commitment to help you keep your mind, body and spirit healthy.

For more information on the discounts available to you, visit www.oxfordhealth.com and click on the oxfordhealth Center on your Account page. Once in the oxfordhealth Center, click on Member discounts.

Note: Offers are valid through June 30, 2005. 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 Members, and do not represent an endorsement or guarantee on the part of Oxford. Discounts may change from time to time and without notice and are applicable to the items referenced only. Oxford Health Plans cannot assume any responsibility for the products or services provided by vendors or the failure of vendors referenced to make available discounts negotiated with Oxford; however, any failure to receive discounts should be reported to Oxford Customer Service by calling the number on your Member ID card.

### Healthy Bonus® Values for Oxford Members

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition</td>
<td>2</td>
</tr>
<tr>
<td>ConsumerLab.com®</td>
<td>2</td>
</tr>
<tr>
<td>Puritan’s Pride® Vitamins</td>
<td>2</td>
</tr>
<tr>
<td>Weight Loss</td>
<td>3</td>
</tr>
<tr>
<td>LA Weight Loss</td>
<td>3</td>
</tr>
<tr>
<td>The Rob Nevins Program</td>
<td>3</td>
</tr>
<tr>
<td>Weight Watchers®</td>
<td>4</td>
</tr>
<tr>
<td>Fitness</td>
<td>5</td>
</tr>
<tr>
<td>Tiger Schulmann’s Karate®</td>
<td>5</td>
</tr>
<tr>
<td>WellQuest Fitness Network</td>
<td>5</td>
</tr>
<tr>
<td>Kids’ Stuff</td>
<td>6</td>
</tr>
<tr>
<td>Grandma’s Healthy Kids Club</td>
<td>7</td>
</tr>
<tr>
<td>How to Teach Nutrition to Kids</td>
<td>7</td>
</tr>
<tr>
<td>JumpSport/AlleyOop Sports</td>
<td>8</td>
</tr>
<tr>
<td>Kids Eat Great®</td>
<td>8</td>
</tr>
<tr>
<td>MY GYM</td>
<td>9</td>
</tr>
<tr>
<td>Safe Beginnings®</td>
<td>9</td>
</tr>
<tr>
<td>Scholasticstore.com</td>
<td>10</td>
</tr>
<tr>
<td>Yogaleers®</td>
<td>10</td>
</tr>
<tr>
<td>Publications</td>
<td>11</td>
</tr>
<tr>
<td>Body and Soul</td>
<td>11</td>
</tr>
<tr>
<td>Coping® with Cancer</td>
<td>12</td>
</tr>
<tr>
<td>Coping® with Allergies &amp; Asthma</td>
<td>12</td>
</tr>
<tr>
<td>Health Journeys</td>
<td>13</td>
</tr>
<tr>
<td>Health Press</td>
<td>13</td>
</tr>
<tr>
<td>Health and Cooking Light</td>
<td>14</td>
</tr>
<tr>
<td>Yoga Journal</td>
<td>14</td>
</tr>
<tr>
<td>Overall Wellness</td>
<td>15</td>
</tr>
<tr>
<td>QuiltNet</td>
<td>15</td>
</tr>
<tr>
<td>Brookstone®</td>
<td>15</td>
</tr>
<tr>
<td>The Spa Finder Company</td>
<td>16</td>
</tr>
<tr>
<td>SpaWish</td>
<td>16</td>
</tr>
<tr>
<td>Disease Management and Rehabilitation</td>
<td>17</td>
</tr>
<tr>
<td>Active Forever®</td>
<td>17</td>
</tr>
<tr>
<td>Diabetic Express</td>
<td>18</td>
</tr>
<tr>
<td>DiabeticCandy.com®</td>
<td>18</td>
</tr>
<tr>
<td>Foot Solutions</td>
<td>19</td>
</tr>
<tr>
<td>National Allergy Supply</td>
<td>20</td>
</tr>
<tr>
<td>TCBV®</td>
<td>20</td>
</tr>
<tr>
<td>Russell Stover Candies</td>
<td>21</td>
</tr>
<tr>
<td>Theracycle Motorized Exercise Bicycle</td>
<td>21</td>
</tr>
<tr>
<td>Fitness Equipment</td>
<td>22</td>
</tr>
<tr>
<td>OMNI Fitness Equipment</td>
<td>22</td>
</tr>
<tr>
<td>STOTT PILATES®</td>
<td>22</td>
</tr>
<tr>
<td>Outdoor Sports</td>
<td>23</td>
</tr>
<tr>
<td>Bicycle Planet</td>
<td>23</td>
</tr>
<tr>
<td>Princeton Ski Shops</td>
<td>24</td>
</tr>
<tr>
<td>Vision</td>
<td>25</td>
</tr>
<tr>
<td>General Vision Services (GVS)</td>
<td>25</td>
</tr>
</tbody>
</table>
LA Weight Loss

LA Weight Loss has specialized in helping clients lose weight for over 10 years and counting. LA Weight Loss Centers give customers nutritional guidance, weight loss counseling and the products to help you to achieve desired weight loss.

Call 1-888-355-TRIM, or visit www.laweightloss.com.

Oxford Members can save 25% off a full price, full service program. Simply bring your Oxford Member ID card into an LA Weight Loss Center near you to receive this special offer.

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 can 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 complimentary 45-minute no obligation consultation, including a body-fat analysis, plan overview, and evaluation by a trained weight control counselor.

If you 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 12 weeks. Rob Nevins maintains office locations and hosts one-hour informational seminars throughout Connecticut. Rob Nevins also offers resources online. By joining the online program, you can access a body fat calculator, message forums and recipes, and sign up for the Rob Nevins monthly E-Leetons e-newsletter. The online offer includes one year of access to all the features available through www.robnevins.com – a customized meal plan and additional support materials and information.

To find dates and times of upcoming seminars, or to schedule a consultation in your area, please call 1-800-Y-FAT-LOS (1-800-932-8567) or visit www.robnevins.com. Oxford Members receive a 15% discount off the price of an initial plan membership fee, which starts at $149; an installment plan is available for three easy payments of $49.99. To redeem this discount, visit www.robnevins.com and enter promotion code OX0903.

ConsumerLab.com

ConsumerLab.com, LLC (CL) provides independent test results and information to help you evaluate health, wellness, and nutrition products such as vitamins and herbal supplements. Oxford Members can access these resources through www.oxfordhealth.com, and register for ConsumerLab’s e-mail newsletter at no charge. Products that pass CL’s testing are eligible to bear the CL Seal of Approval. CL addresses a growing need for better information to guide the selection of health, wellness, and nutrition products, most of which are not currently regulated by the FDA.

If you prefer nutritional supplement information in book form, you can order ConsumerLab.com’s Guide to Buying Vitamins & Supplements: What’s really in the bottle? Served up in its 226 informative pages are evaluations of over 350 supplemental products with easy-to-follow discussions of such topics as recommended daily allowances (RDAs) and dietary reference intakes (DRIs), as well as listings of manufacturers’ and distributors’ addresses.

Oxford Members receive a 20% discount off the $17.95 cover price. To receive this special price, simply call 1-800-431-1579 and mention the promotion code Oxford.

Puritan’s Pride Vitamins

Puritan’s Pride is a direct-to-consumer source for vitamins, food supplements, minerals, and herbal supplements.

Puritan’s Pride manufactures supplements in their own facilities. Every product is backed by their 100% money-back guarantee.

Oxford Members save 10% off the prices of over 1,400 products. To receive this special pricing, call 1-800-645-1030, mention source code EOX8JH, and request their latest catalog. To receive your additional 10% savings, use this catalog code rather than the regular catalog code each time you place an order. For online orders, log on to www.puritan.com and enter coupon code EOX8JU on the checkout page.

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 can 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 complimentary 45-minute no obligation consultation, including a body-fat analysis, plan overview, and evaluation by a trained weight control counselor.

If you 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 12 weeks. Rob Nevins maintains office locations and hosts one-hour informational seminars throughout Connecticut. Rob Nevins also offers resources online. By joining the online program, you can access a body fat calculator, message forums and recipes, and sign up for the Rob Nevins monthly E-Leetons e-newsletter. The online offer includes one year of access to all the features available through www.robnevins.com – a customized meal plan and additional support materials and information.

To find dates and times of upcoming seminars, or to schedule a consultation in your area, please call 1-800-Y-FAT-LOS (1-800-932-8567) or visit www.robnevins.com. Oxford Members receive a 15% discount off the price of an initial plan membership fee, which starts at $149; an installment plan is available for three easy payments of $49.99. To redeem this discount, visit www.robnevins.com and enter promotional code OX0903.
Weight Watchers®

Moderate weight loss – five to 10% 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 through the program.

Oxford Members can enjoy:

- **No registration fee.** There is no fee when you purchase a prepaid discounted savings plan for local Weight Watchers meetings. To register, call 1-800-710-4663 and identify yourself as an Oxford Member.

- **$10 off the price of the At Home Kit.** Includes 12 weeks of program materials with simple step-by-step instructions, plus 26 weeks of access to a helpline. To order, call 1-800-710-4663 and identify yourself as an Oxford Member.

- **$10 off the price of a Weight Watchers three-month online subscription.** To subscribe, go to www.weightwatchers.com/cs/oahp.

To start a Weight Watchers At Work Program at your worksite, call 1-800-8-AT-WORK.

Before/After Results are not typical. Valid in participating areas only.

---

Tiger Schulmann’s Karate®

Tiger Schulmann’s Karate (TSK) offers students an opportunity to work their entire bodies, while learning a life skill and having fun. Tiger Schulmann’s Karate is available both for adults and children – together, it can help you build attention span, self-discipline, and self-confidence in a motivating and fun environment.


Oxford Members can receive a private lesson at no charge at any TSK location. Learn how to use basic blocks, strikes and kicks and how to defend against the two most common types of attacks.

**Members are also eligible for a uniform and a month of Karate for $49, or a month of Karate, at no additional charge when you sign up for lessons. For more information, call 1-800-52-TIGER.**

WellQuest Fitness Network

The WellQuest Fitness Network is an extensive network of fitness centers. WellQuest evaluates and credentials all of their facilities to ensure that they provide a safe and unique professional health club experience.

There are no expensive initiation fees or 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 discounted monthly fees are paid directly 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, 16 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.
**WellQuest Fitness Network**

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 your needs.

To receive more information, a complimentary visit to a member fitness center, or a current list of clubs, call WellQuest at 1-800-595-8448 or visit www.wellquestonline.com.

**Grandma’s Healthy Kids Club**

Grandma’s Healthy Kids Club can help your child or grandchild lose weight safely, or just eat healthier foods and get more exercise. The club uses a goal-and-reward system to help encourage children to develop habits that promote good health, as well as responsibility at home.

Grandma’s Healthy Kids Club offers Deluxe and Basic Membership Packages featuring a 14-day dietitian-approved menu plan for three meals and two snacks a day, including portion sizes for children ages two to adult. The menus are based on the USDA Food Pyramid, featuring foods low in fat and sugar.

The Deluxe Membership Package also includes 12 months of newsletters for your child. The newsletters are an entertaining way to motivate children to lead a healthier lifestyle with ideas for exercise, stories about other children, contests, recipes that children can prepare, etc.

Oxford Members save 10% on any purchase from Grandma’s Healthy Kids Club. Visit www.grandmashealthykidsclub.com to receive this savings. Select your merchandise, enter the code OXFD04 in the empty box next to “Redeem Coupon” and click “Redeem Coupon.” Or call 1-888-811-1445 and mention Oxford to receive your discount.

**How to Teach Nutrition to Kids**

How to Teach Nutrition to Kids (24 Carrot Press, © 2003) by registered dietitian Connie Evers promotes the positive, fun side of healthful eating and physical activity.

Packed with ideas that help empower children to evaluate nutrition information, make smart food choices and creatively prepare food, How to Teach Nutrition to Kids integrates nutrition into multiple areas of a child’s life. This book provides step-by-step instructions for over 200 activities featuring children’s books, gardening, recipes, food art, label reading, fitness and more.

Oxford Members can purchase How to Teach Nutrition to Kids for just $11.97 plus $4 shipping and handling. That’s 40% off the cover price. To order this book, call 1-800-291-6098 and ask for bonus code OXHB24 or order online at nutritionforkids.com/oxford.htm.

**JumpSport/AlleyOop Sports**

Increase healthy activity with a trampoline system from JumpSport/AlleyOop Sports. Visit your nearby exclusive AlleyOop dealer to see and try out the patented DoubleBed™ system or the Variable-Bounce™ (single bed) trampoline.

Oxford Members are eligible to receive an AlleyOop Outback™ Tent (a $169 value) at no additional cost, when purchasing any AlleyOop Sports brand full size trampoline system on or before June 30, 2005. To receive this special offer (Your tent will be sent directly to you. Please allow four to six weeks for delivery), mail a copy of your receipt, along with your name, delivery address, telephone, and e-mail address (if any) to: AlleyOop Sports, 2055 South 7th Street, Suite A, San Jose, CA, 95112-6011, ATTN: Oxford Health Plans Tent Promo.

To find a dealer near you, visit www.alleyoopsports.com, click on “Where to Buy,” and then select your state. You may also call 1-866-ALLEY-OOP toll-free to locate a dealer. If you do not have a dealer in your area, purchase online directly from AlleyOop Sports.
My Gym has developed and offers structured, non-competitive and age-appropriate classes to help stimulate children’s strength, balance, coordination, agility, flexibility and social skills through games, music, exercise, sports, special rides, gymnastics, and fun. My Gym’s wide variety of physical early learning/pre-gymnastics classes offers children an outlet for fun and fitness. My Gym also offers birthday parties.

My Gym is a network of over 135 facilities in the United States and worldwide that helps children – from 3 months to 13 years – develop the skills, confidence and positive self-image needed to become healthy young adults.

Oxford Members receive $10 off any eight to 10 week session. Plus, Oxford Members that are new customers at My Gym receive an additional $10 off the one-time fee to join. To receive this special price, simply bring this brochure to any My Gym location. For more information or location nearest you, visit www.my-gym.com.

Valid at participating locations only. Discount applies when enrolling in a full session. Not valid in conjunction with any other discount, promotion or prior purchases.

Safe Beginnings offers a large selection of childproofing products, including safety gates, cabinet locks, outlet covers, window guards, and many other items to help keep your baby safe. The company also features popular infant and toddler accessories, such as baby carriers, breast pumps, 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.

Oxford Members can save 20% on any order from Safe Beginnings. To order, visit www.safebeginnings.com and enter code OHP, or call 1-800-598-8911 for a catalog. Be sure to identify yourself as an Oxford Member when you call to place your order.

Some exclusions may apply and are noted along with the product information. Not valid in conjunction with any other discount or promotion. Not valid on prior purchases. Safe Beginnings is a registered trademark of Safe Beginnings, Inc.

Kids Eat Great

Pediatrician and author Dr. Christine Wood offers tools on her web site, www.kidseatgreat.com, to help families make healthy, nutritional decisions. Nutrition tips for all age groups, picky eaters, prenatal nutrition, environmental toxin issues in our food, and how to help overweight children are just a few of the topics that you will find on the web site. Plus, you can sign up for the monthly nutritional newsletter online, offered at no charge to visitors to the web site.

Some of the products available:

- **How to Get Kids to Eat Great & Love It!** (Book) – The focus of the book is how to instill good eating habits early in a child’s life. Addresses children from birth to teens.
- **Childhood Medical Journal** (Book or CD format) – A parent’s personal handbook to record their child’s milestones, memories and complete medical information. This book’s water- and tear-proof cover protects the thick inside pages, making it a true heirloom.
- **Newborn Care and Feeding** (CD) – Questions new parents have in the early days are answered from a pediatrician’s viewpoint.
- **Teleseminars** (Telephone) – Learning from home on the phone is the new way for parents to take advantage and learn information from a practicing pediatrician on various topics. These telephone conferences are offered periodically throughout the year.

Oxford Members will receive 20% off all products available on the web site. For information and online orders, simply visit www.kidseatgreat.com and enter promo code 81872.

This offer may not be combined with any other discount or promotion, and is not valid on consultation services or prior purchases.
Body and Soul

Body and Soul is a magazine that can help readers achieve meaningful, more balanced lives in a holistic context. Published eight times a year, Body and Soul regularly covers topics that include:

- Natural strategies to stay healthy
- Realistic ways to feel fit and fabulous
- Choices for natural and organic products
- Vitamins, herbs and supplements
- New pathways to explore spiritual well-being

Oxford Members can receive this thought-provoking magazine at an annual rate of $11 for eight issues, a 72% discount off the cover price. For this special pricing, simply call 1-800-755-1178 and mention promotional code AXFRD4.

Coping® with Cancer

Coping® with Cancer is a consumer magazine for people whose lives have been touched by cancer™. Now in its eighteenth year of service to the national cancer community, Coping features true-life survivor stories, tips on treating cancer from the nation’s most prestigious physicians and researchers, practical tips on managing cancer’s side effects, and advice on handling financial and legal matters. A comprehensive cancer survivors’ guide to organizations that can help, as well as the latest news on cancer research and treatment are also included.

Oxford Members can get a one-year subscription (six issues) to Coping With Cancer magazine for just $13 (regular rate $19). To order using Visa or MasterCard, call 1-615-791-3859 between 9:00 AM and 5:30 PM EST, Monday – Friday, and mention “Oxford” to get your discount. If ordering by mail, send your check or money order for $13 to Coping With Cancer, P.O. Box 682268, Franklin, TN 37068-2268. Be sure to write “Oxford” on your check or money order to receive this special price.

Offer is good in the continental U.S. only.
**Health Press**

Health Press offers a large selection of books and videos for children and adults on a wide variety of health-related topics including: parenting, grief, pain management, pregnancy, nutrition, aging, and many other topics available from a variety of large and small publishers.

Oxford Members receive an additional 10% discount on all orders placed online, in addition to the 10% discount normally applied to online orders. This means all orders placed online using the OXP code will receive a 20% discount off the retail price.* Visit [www.healthpress.com](http://www.healthpress.com) and enter code OXP in the comment box when placing your order. Or call toll-free 1-877-411-0707 for a catalog. Oxford discount is not applicable to catalog orders.

*This offer cannot be combined with any other discount or special offer, and cannot be applied to previous purchases.

**Health and Cooking Light**

Health magazine is a woman’s guide to beauty, fitness and well-being. Every issue offers expert techniques, advice, products, and tips to help put you at your best. Because you’re an Oxford Member, you can subscribe to Health and receive 10 issues for $10, a savings of more than 70% 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. As an Oxford Member, you can receive 11 issues of Cooking Light for only $16, a savings of more than 65% off the cover price.

To order your subscriptions, available at these prices to Oxford Members only, call toll-free at 1-877-300-7177 and mention the promotional code OXHP. Or, go to [www.cookinglight.com/oxhp](http://www.cookinglight.com/oxhp) or to [www.health.com/oxhp](http://www.health.com/oxhp) to order online.

---

**Coping® with Allergies & Asthma**

Coping® with Allergies & Asthma is a consumer magazine for allergy & asthma fighters™. Coping features up-to-date advice on managing allergies and asthma from organizations including the American Academy of Allergy, Asthma and Immunology, the Asthma and Allergy Foundation of America, the American College of Allergy, Asthma and Immunology, and the World Allergy Organization. Articles cover topics such as “How to Find Reliable Medical Information on the Internet.” A resource guide to organizations that can provide information and assistance, and the latest news on research and treatment are also included.

Get your one-year subscription (five issues) to Coping with Allergies & Asthma magazine for just $10 (regular rate $13.95). To order using Visa or MasterCard, call 1-615-791-3859 between 9:00 AM and 3:00 PM EST, Monday – Friday, and mention “Oxford” to get your discount. If ordering by mail, send your check or money order for $10 to Coping with Allergies & Asthma, P.O. Box 682268, Franklin, TN 37068-2268. Be sure to write “Oxford” on your check or money order to receive this special price.

Oxford Members may order any of the regularly priced health tools at a 20% discount. (Sale items, special value and popular sale packs are excluded.) To obtain this offer, call 1-800-800-8661 for a catalog, or go to [www.healthjourneys.com](http://www.healthjourneys.com). Enter or mention promotional code Oxford to receive your discount.

---

**Health Journeys**

Health Journeys is a multimedia publishing company that offers a range of holistic health tools, contributed or selected by Belleruth Naparstek, LISW. Health Journeys’ 22-page catalog includes guided imagery and meditation audio tapes, CDs, videos, games, and books covering topics from well-being and healing to depression, stress, trauma, cancer, heart health, hypnosis, yoga, and weight loss. Contributors to Health Journeys’ line-up include Andrew Weil, MD, Bernie Siegel, MD, David Illig, PhD, and Carolyn Daitch, PhD.

Oxford Members may order any of the regularly priced health tools at a 20% discount. (Sale items, special value and popular sale packs are excluded.) To obtain this offer, call 1-800-800-8661 for a catalog, or go to [www.healthjourneys.com](http://www.healthjourneys.com). Enter or mention promotional code Oxford to receive your discount.
**Brookstone**

Since 1965, Brookstone has offered innovative and unique products to help improve the lives of its customers. Escape to a place where relaxation and tranquil sounds prevail with the Tranquil Moments Bedside System and Sound Therapy Eye Mask. Turn any desk chair or car seat into a soothing, therapeutic experience with the TheraSpa 10-Motor Massaging Seat Topper and Min/Max Lumbar Cushion. Pamper your tired feet with the MAX Foot Massager and Massaging Foot Bath and Spa.

**Oxford Members enjoy 15% off** the following innovative products from Brookstone by calling 1-800-343-9855. When ordering, simply introduce yourself as an Oxford Member. (Offer is not available through Brookstone Retail Stores or online).

The following products are being offered to Oxford Members through the **Healthy Bonus** program:

- New Talking Pedometer . . . . . . . . . . . . . . . . (350314) . . . . . . $25
- Tempur-Pedic® Eye Mask  . . . . . . . . . . . . . . . . (234393) . . . . . . $35
- Sound Therapy Eye Mask  . . . . . . . . . . . . . . . . (288217) . . . . . . $40
- Massaging Foot Bath and Spa . . . . . . . . . . . (264424) . . . . . . $49
- Min/Max Lumbar Cushion . . . . . . . . . . . . . . . (340356) . . . . . . $50
- New Tempur-Pedic® Comfort Step Slippers . . . . . (400549) . . . . . . $65
- TheraSpa Hot/Cold Massager . . . . . . . . . . . . (401786) . . . . . . $69
- Tempur-Pedic® Transit Pillow . . . . . . . . . . . (214387) . . . . . . $75
- TheraSpa 10 Motor Massaging Seat Topper . . . . . (440099) . . . . . . $99
- Tempur-Pedic® Standard Cervical Neck Pillow . . (175414) . . . . . . $99
- ESP Personal Air Purifier . . . . . . . . . . . . . . . . (384438) . . . . . $100
- New Comfort Pillow by Tempur-Pedic® . . . . . . (355917) . . . . . . $125
- Massaging Back Rest with Heat . . . . . . . . . . (431254) . . . . . . $125
- Tranquil Moments Bedside . . . . . . . . . . . . . . (406876) . . . . . . $175
- MAX Massager . . . . . . . . . . . . . . . . . . . . . . . . . (324640) . . . . . $200
- MAX Foot Massager . . . . . . . . . . . . . . . . . . . . . . (425199) . . . . . $250
- Pure-Ion UV Air Purifier v2 . . . . . . . . . . . . . . (429131) . . . . . . $300

*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.

**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. Reading its wide-ranging articles can help you develop a deeper awareness of yoga.

**Oxford Members receive a special discount of 68% 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 with your subscription order: Relieve Your Stress and Yoga Remedies for Everyday Ailments. To order, just call 1-800-557-1095 and mention that you are an Oxford Member, or visit www.yogajournal.com/oxfordhealth.

**QuitNet**

QuitNet knows that in the United States, 70% of all adult smokers say they want to quit smoking and half will try each year.* Operating in association with Boston University, QuitNet has helped people quit smoking through its online community of smokers and ex-smokers. Operational since 1995, QuitNet brings scientific methods to the web to deliver personalized content, intensive social support, advice, and pharmaceutical product information to tobacco users. It is the recipient of awards for public service**, including being named as one of the web’s top 10 healthcare web sites by Healthcare Online for Dummies.

Oxford Members can purchase a lifetime membership in QuitNet for $65, a 35% discount off the regular lifetime membership of $99. To obtain this special pricing, just go to www.quitnet.com/Oxford.


ActiveForever offers discount medical, rehabilitation, accessibility and convenience products that address individual’s physical and daily activity needs. Its selection of products includes:

- Aids for daily living for kitchen, bath, and grooming
- Durable medical equipment
- Urological and ostomy accessories
- Ergonomic and medical products for the workplace
- Splints and braces
- Mobility equipment and accessories
- Rehab and exercise equipment (land and aquatic)
- Home automation/modification
- Retrofitting products/construction solutions
- Convenience appliances
- Innovative product solutions and gift ideas

ActiveForever will stock medical, rehabilitation and convenience products you need on a regular basis, and offers guaranteed lowest pricing, same day shipping as a standard service, and custom online purchasing for corporate accounts. Ask about product solutions for specific physical challenges, and the unique ActiveForever/non-profit alliance program gift baskets for promotions and events.

Oxford Members receive 10% off any purchase. To receive this special discount, visit www.activeforever.com or simply call 1-800-377-8033. When prompted for your buyer’s passcode, enter/mention code OXF. Your 10% discount will automatically be applied to your purchase.
Foot Solutions

Foot Solutions is a specialty retail store providing custom and over-the-counter orthotics; dress, casual and athletic footwear; and other products for people with foot and lower extremity problems and conditions, and those who work or play hard on their feet.

The Foot Solutions staff are trained Pedorthists with at least 80 hours of formal training and study in anatomy and physiology of the feet, biomechanics and gait analysis, footwear construction and modification, foot orthosis, fabrication and materials, and footwear fitting.

Walk-ins are welcome at any of the foot solutions retail locations, though appointments are appreciated. The Foot Solutions staff will work with your podiatrist, chiropractor, physical therapist and other medical professionals to support the care and treatment they provide.

Orthotics, footwear and other products from Foot Solutions can help reduce the discomfort caused by plantar fasciitis, bunions, achilles tendonitis, arthritis, metarsalgia, and many other conditions, including conditions involving the feet, ankles, knees, hips, and back. Footwear brands carried include P.W. Minor, Drew, Apex, Dino Monte, Finn Comfort, Brooks, Saucony, and many others.

Diabetic Express

Diabetic Express stocks over 1,000 brand-name items, including blood glucose monitors, test strips, lancets, syringes, insulin, lotion and creams, insulin pump supplies, sugar-free food and candies, and a full line of prescription medications. Diabetic Express accepts MasterCard, Visa, Discover, and American Express.

Diabetic Express is owned and operated by licensed pharmacists. A pharmacist is available for your questions, Monday - Friday, 9:00 AM – 5:00 PM EST.

Diabetic Express is always open. It’s so easy to place your order! You can shop online at www.diabeticexpress.com or order by phone by calling toll-free 1-800-338-4656. Diabetic Express offers a 30-day money-back guarantee on all purchases.

Oxford Members save 10% off all sugar-free candies, foods, cooking supplies, cough and cold products, lotions and creams, diabetes socks, and diabetes carrying cases. To order, mention code OM04 when you call 1-800-338-4656 to place your order, or order online at www.diabeticexpress.com, and enter code OM04 in the notes/comments box at checkout.

Diabetic Candy.com

DiabeticCandy.com offers a selection of sugar-free chocolates, hard candies, licorice, lollipops, gummy bears, cookies, snacks, gift items, and more. There are many children and adults that have special dietary needs. Many of the products carried by DiabeticCandy.com are low in carbohydrates, sodium, fat, cholesterol and, of course, are all sugar-free. Nutrition information is listed for each product, so you can select the best products for your health needs.

Oxford Members receive a 10% savings on all items. Just mention code OX7465 to receive the Oxford discount. In addition, with your first order, you will also receive a low carb sugar-free chocolate bar at no additional cost. Call 1-888-420-2277 to order by phone and mention the code OX7465 or call to request a catalog and order by mail, just write in the code OX7465 on the order sheet. Go to www.diabeticcandy.com to order online and enter OX7465.

Discount does not apply to items already on sale, shipping charges or freezer boxes.

Oxford Health Plan Members will receive 10% off all products*. To redeem this offer, simply bring your Oxford ID card to any of the Foot Solution stores in Connecticut and New York. For a location near you, call 1-866-338-2597.

*Not valid in conjunction with any other discount or promotion. Not valid on prior purchases.
**Russell Stover Candies**

Russell Stover Candies sells more than 30 sugar-free products, including toffee, truffles, jelly beans, peanut butter cups and Pecan Delights.

Oxford Members enjoy 10% off Russell Stover sugar-free candies when shopping online or placing an order by phone.

To order, call 1-800-477-8683 or visit www.russellstover.com, and enter or mention your promotional code SF04DISC to receive 10% off your sugar-free order.

**Theracycle**

Theracycle is designed for people with physical limitations and can help you fight fatigue and help you improve your circulation, flexibility, endurance, strength, and overall health and well-being.

Theracycle is a motor-driven stationary bicycle that provides a full body workout. The “smart” motor enables you to exercise two ways – you can program the motor to help do the work for your muscles, or your muscles can do the work themselves. It helps people who lack the strength or endurance to exercise and gain increased strength, mobility and endurance.

Theracycle is only sold direct from the factory in Franklin, Massachusetts. Theracycle has recently been awarded the American Arthritis Foundation’s coveted Ease-of-Use commendation (www.arthritis.org).

Shipping fees ($250 value) are waived for Oxford Members who purchase a Theracycle. To make sure Theracycle is right for you, visit www.theracycle.com or call, toll-free, 1-800-367-6712 and speak with a Theracycle representative. The representative will discuss your condition and determine if the Theracycle is right for you. To receive this special offer, mention Oxford Health Plans when ordering.

**TCBY**

TCBY has developed a line of no-sugar added frozen yogurts. While no-sugar added (NSA) flavors vary per location and on a day-to-day basis, chances are you’ll find a great flavor such as butter pecan, chocolate, vanilla or strawberry when you visit. Be sure to call the store nearest you to find out what the NSA flavor of the day is. If you’re in the mood for a more indulgent treat, then you’re in luck! TCBY can top off your cup of frozen yogurt with no-sugar added hot fudge topping. TCBY also offers non-fat and 96 percent fat free frozen yogurt, as well as non-dairy/ non-fat sorbet. To find the location nearest you, visit our website at www.tcby.com. If you have diabetes, TCBY urges you to contact the American Diabetes Association for more information on how you can lead a healthy lifestyle.

Oxford Members receive $1.00 off any no-sugar added menu item over $2.00. No-sugar added items may not be available at all locations. To redeem this discount, simply visit any participating TCBY location and show your Oxford membership card.

**National Allergy Supply**

National Allergy Supply offers environmental control products to help you find relief from allergy, asthma and sinus symptoms. National Allergy Supply offers a 100% patient satisfaction guarantee.

Oxford Members receive a 10% discount on products, including pillow and mattress encasings, air filtration products, compressors/nebulizers, and personal care products.

Go to www.nationalallergy.com to take advantage of this offer, or call 1-800-522-1448. Mention/enter the promotional code OXFORD to have the additional savings applied to your purchases.

Not valid in conjunction with any other discount or promotion or on prior purchases.
OMNI Fitness Equipment

OMNI Fitness Equipment is a retailer of performance home fitness equipment and the exclusive dealer of the Life Fitness brand. At OMNI Fitness Equipment, you’ll find a variety of exercise equipment, including treadmills, elliptical cross-trainers, exercise bikes, home gyms, benches, and free weights.

OMNI Fitness Equipment has many brands to choose from, including Life Fitness • Parabody • Landice • Vectra, and more!

OMNI Members are entitled to a 10% off a home fitness equipment purchase or a 15% off an accessory purchase*. To redeem this special offer, just bring your Oxford Member ID card to any of the 45 OMNI Fitness stores. To find a store near you, visit www.omnifitness.com or call 1-877-875-OMNI.

*Oxford Member ID must be present at time of purchase.
Discount applies to manufacturer’s suggested retail price.
Offer may not be combined with any other price discounts, coupons, or promotions. BARCODE# 04OXFORD

STOTT PILATES®

STOTT PILATES is a systematic mind-body fitness program. Its routines can be performed at home on a mat, or in a studio with specialized equipment.

Use STOTT PILATES exercises to help you develop strength, flexibility, endurance, and to help improve posture and balance, relieve stress, and heighten mental concentration without building bulk or stressing joints. STOTT PILATES offers more than 60 Pilates training videos and DVDs with titles ranging from Be Kind to Your Spine to Strong and Streamlined.

In addition to its commercial line, the portable Fitness Circle® and Flex-Band® resistance exercisers, as well as Pilates Express™ and Deluxe Pilates mats are great for home use.

STOTT PILATES™/® Trademark or registered trademark of Merrithew Corporation, used under license.

exclusive through the Healthy Bonus program, Members receive 15% off suggested retail prices on STOTT PILATES videos and equipment.* For more information, or to order, Members should call 1-800-910-0001 or visit www.stottpilates.com/oxford.html. Promotional code OXX4 should be used when placing orders.

*Some restrictions apply. May not be combined with any other offer or discount.
™/® Trademark or registered trademark of Merrithew Corporation, used under license.

Bicycle Planet

The Bicycle Planet, one of New York’s largest bicycle retailers, has an extensive selection of merchandise. From road riding to triathlon, cross-country mountain biking to downhill, juvenile to BMX... they have it all! They have hundreds of road, mountain, juvenile and BMX bicycles from companies such as Trek, Specialized, Cannondale, Guru, Haro, Giant, Kona, Felt, Lemond, Orbea, Gary Fisher and more.

The Bicycle Planet’s apparel and accessory departments carry products for cycling, spinning, triathlon, running, and fitness for men and women. They have a large selection of shoes and eyewear. The Bicycle Planet also offers clothing from Pearl Izumi, Nike, Sugoi, Hind, TYR, Castelli, Zoot, and many more. Check out their sunglass department featuring complete lines from Oakley, Adidas, Rudy Project, Smith, and Ryder. Clipless pedal systems have become essential to both road and mountain riders; therefore, they offer cycling shoes from Nike, Shimano, Specialized, Sidi, and more.

Oxford Members enjoy a 15% discount off all helmets and 10% off all clothing (applies to non-sale items only) in-store or at www.thebicycleplanet.com. To receive this discount, show your Member ID card in-store or, when placing an order online, just enter promotional code OXHE43.
Princeton Ski Shops

Princeton Ski Shops has been a destination for skiers and snowboarders in the New York metro area since 1960. With convenient locations in New Jersey, Westchester, Manhattan and Long Island, Princeton offers brand-name ski and snowboard equipment, clothing and accessories.

In the spring and summer, Princeton switches gears to warm-weather action sports, offering a large selection of inline skates, protective gear and accessories, and a complete tennis pro shop featuring a wide variety of equipment and clothing.

For water sport enthusiasts, Princeton offers a complete paddle sports department, with kayaks and accessories, plus a complete selection of outdoor adventure clothing and footwear.

Oxford Members receive $15 off any purchase of $100 or more (non-sale items only) at any Princeton location or at Out of Bounds locations (snowboard and skate products only). To receive discount, show your Oxford ID at time of purchase. For store information, please call 1-800-ALL-SKIS or visit www.princetonski.com.

General Vision Services (GVS)

The GVS Vision Pass Program is available to Oxford Members in New York and Connecticut. GVS provides service in a number of locations throughout this area. GVS has opticians and independent Doctors of Optometry on staff at each site.

- **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.

To take advantage of the Vision Pass Program, you must first call the GVS Vision Pass hotline at 1-800-VISION-1 to register and 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 1-800-VISION-1.*

* 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.