

MyLife MyPlan– Saving More

Sentara Health Plans and Husk Wellness

Sentara Health Plans and Husk Wellness have teamed up to offer Sentara Health Plans 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 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
- regional and specialty studios
- virtual fitness options

Eating

Members enjoy exclusive rates on top-ranked nutrition, weight loss, and healthy eating programs. Whether you are looking for a prepared meal delivery system or tele-nutrition with a registered dietitian, Husk Wellness has a solution.

Education

Total well-being extends to all areas of your life. Husk Wellness provides tools and resources to support and motivate members through their wellness journey all year long, including opportunities to energize through:

- discounted travel
- personal coaching
- cooking classes and more



visit our Health and Wellness Discounts page at sentarahealthplans.com

These discounts apply for all Sentara Health Plans 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. Sentara Health Plans is a trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Behavioral Health Services, Inc., and Sentara Health Administration, Inc. Sentara Vantage (HMO), Point of Service (POS), Direct, and Select plans are issued and underwritten by Sentara Health Plans. Sentara Plus (PPO) products are issued and underwritten by Sentara Health Insurance Company. Self-funded employer group health plans and BusinessEDGE® level-funded plans are administered, but not underwritten, by Sentara Health Administration, Inc. Stop Loss products are issued and underwritten by Sentara Health Insurance Company. All plans have benefit exclusions and limitations and terms under which the policy may be continued in force or discontinued. Wellness and rewards programs are administered by Sentara Health Administration, Inc. and are not covered benefits under any plan of Sentara Health Plans. Value-added services are not covered benefits under any plan of Sentara Health Plans.

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