

Health Perks Discount Program

Your good health is as important to us as it is to you. So, just by being a HealthFirst member, you qualify for special deals and discounts on goods and services that will help you live a healthier, happier life. It's easy to claim your savings: Just present your HealthFirst ID card at each participating merchant.

Weight Loss and Nutrition



Complete Nutrition—Save 22 percent on all store-brand products, including a full line of dietary supplements promoting weight loss, sports nutrition and overall good health. Buy one get one free on your first visit! Tyler location only.



Healthy Figures – Your first visit to this medical weight-loss center is \$125, a savings of 30 percent. Weekly followup visits, working with trained staff, are \$40 each, a savings of 20 percent. Tyler and Longview locations.



Metabolic Research— Get a discount of 30 percent on several different personalized weight-loss programs, including diet plans created by a registered dietitian, one-on-one weight loss counseling, dietary supplements, and weekly weigh-ins. Also, get \$100 off a medical weight loss program that includes HCG injections and hormonal balancing to support successful weight loss. Tyler location only.



Total Nutrition— Save 25 percent on all retail products, including dietary supplements designed for weight loss, sports performance, joint health and other benefits. Also, receive a free nutrition consultation on how best to achieve your fitness goals during your first visit. Tyler location only.

Fitness and Sport



ETMC Olympic Centers— The normal enrollment fee of \$75 is completely waived for HealthFirst members. The ETMC Olympic Centers are medically integrated fitness centers with a full complement of facilities at 11 locations across East Texas; they offer physician oversight for all programs and policies, a highly trained team of health and fitness professionals, and an individual approach to your health and fitness needs. All 11 East Texas locations.



360 Fitness— Take your fitness to the next level with 360 Fitness! HealthFirst members get a special monthly discount of \$35 a month, a \$45 dollar value, and the \$149 enrollment is waived. Other perks include unlimited access to group personal training sessions, and a complementary fitness consultation with a nationally certified trainer.



CrossFit Eight – Get 50 percent off the unlimited package, allowing as many daily workouts as you can fit into your schedule. Your package includes an initial training session with the CrossFit Eight owner. Tyler.



GlobalFit— Enjoy discounts at any of the 10,000 gyms in the GlobalFit network, including local favorites and big chains. You'll also be eligible for exclusive member savings on many popular home health and fitness products, including Zumba, StairMaster and more. Gym discounts vary by location; multiple locations nationwide.



Hot Yoga Tyler –Pay just \$29 (regularly \$49) for your introductory month, allowing unlimited attendance at any of nearly 20 weekly yoga classes. Then purchase an auto-pay membership for \$79 monthly, a savings of \$20 each month. Tyler.



MetroFlex— All start up fees are waived for HealthFirst members including a no contract obligation. Enjoy a \$25 monthly membership fee (electronic funds transfer only) with full access to the gym. Also, add a family member for only \$15 extra each month. After your workout indulge in a protein shake or vitamin supplement at Sparta Nutrition for 15% off. Located in Tyler.



Planet Fitness— The normal enrollment fee of \$59 is cut to \$1 for HealthFirst members. Afterward, regular monthly fees of \$10-\$19.99 apply, for full access to the facility's weight and cardio machines. Tyler.

Spas and personal care



Planet Beach – Get free enrollment and a \$59 monthly membership (each normally \$99) with your HealthFirst ID, and enjoy unlimited automated spa services including hydromassage, light therapy, spray tanning and more. Tyler.

HealthFirst Health Perks is a program for HealthFirst members and covered dependents. Services and products are not covered by your health plan benefits. Participating vendors and available discounts are subject to change without notice.

If you would like to suggest a merchant or are a business owner who would like to participate in the Health Perks program, contact Paige Mendez, Wellness Program Manager, at 903.509.5793.