

HUSK Wellness Savings



Gain access to HUSK Marketplace with your LifeMart benefit. Save HUSK's network of gyms and fitness centers, nutrition programs and more. **Register or log in to LifeMart** and search **HUSK** to get started today.

Gym & Fitness Centers

HUSK Marketplace members can access exclusive savings and flexible membership options to a variety of facilities. From national chains to specialty studios, HUSK has something for every workout.

Husk Nutrition

HUSK Nutrition provides evidence-based virtual health and nutrition programs. You will meet with a Registered Dietitian who will implement a complete 1-on-1 nutrition program specifically designed to answer your nutrition related questions, meet your health goals, individual needs and busy lifestyle.

**If your insurance plan does not cover preventative nutrition counseling, you can still meet with a Registered Dietitian. You may optionally enroll in the direct pay model of Husk Nutrition for a cost of \$49.99 per month.*

Home Equipment & Tech

Whatever your fitness level is, HUSK has exclusive equipment and wearable technology to help support you on your wellness journey. Whether you want to monitor an everyday activity or start a new fitness routine, find the best products and deals here.

On-Demand Fitness

Take advantage of all the benefits of group exercise classes in the comfort of your own home. HUSK's streaming membership options will take your wellness and workouts to the next level.

Mental Health

We all need help sometimes. We all go through difficulties and struggles. HUSK Mental Health connects you with licensed therapists through technology. Our therapists empower you through guidance and support using evidence-based practices.

**Insurance and private pay options available.*

www.aetna.com

Log in with your user name and password.

Click on the Health & Wellness Tab > Health & Wellness Discounts > Click on any of the Health and Wellness tiles to access the LifeMart Discount Website

