

# Employee Benefits Advisor

Helping you get the most from your benefit plans.

## Oxford Health Plans: Vitamin and Nutrition Benefit

November 2007

The end of each calendar year brings some challenges to overall wellness. As winter approaches, incidence of the common cold increases, putting additional strain on your body's immune system. While any health concerns should always first be addressed by your physician, certain vitamins and supplements can help to give you the boost you need to stay healthy.

As an Oxford Health Plans member, you have access to 10% savings on more than 1,400 products available through Puritan's Pride® Vitamins, a direct-to-consumer source for vitamins, food supplements, minerals, and herbal supplements. Puritan's Pride® manufactures supplements in their own facilities, and every product is backed by their 100% money-back guarantee.

Here are few examples of products available to you at a discount through Oxford's "Healthy Bonus" Program which you might find useful at this time of year:

### Vitamin C

Vitamin C is well-known for its superior antioxidant and immune support in fighting the common cold, as well as for promoting the health of joints. It is also involved in collagen formation, which is important for healthy nails, skin and hair. Puritan's Pride® Vitamin C comes in many formulations, including tablets, chewables, timed-release and softgels.

### Echinacea

Echinacea is a genus of nine species of herbaceous plants. This natural supplement is popularly believed to be an immunostimulator, stimulating the body's immune system and warding off infections, particularly the common cold. Puritan's Pride® makes this supplement available as a capsule, tablet, liquid root extract, and even as a tea. This product is also available in a children's formula.

To receive this special pricing, call 1-800-645-1030, mention source code EOX8JH, and request Puritan's Pride's 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](http://www.puritan.com) and enter coupon code EOX8JU on the Checkout page.

You can find more information about Oxford's "Healthy Bonus" Program, including the list of more than 30 vendors that offer discounts to Oxford Health Plans members, at this online location: [https://www.oxhp.com/secure/member/home/healthy\\_bonus/mbr\\_discounts.html](https://www.oxhp.com/secure/member/home/healthy_bonus/mbr_discounts.html).



If you have any questions about this topic please contact your RSI Benefit Service Specialist at 1-800-394-6111.

