



GENERAL DESCRIPTION OF THE PROGRAM

Achieving optimal health and well-being does not have to be complicated or expensive. Access the best prices on some of the biggest brands in fitness, nutrition and wellness with the HUSK Marketplace.

As part of the HUSK Marketplace program, you are eligible for exclusive discounts on:



GYMS AND FITNESS CENTERS

HUSK Marketplace members can access exclusive pricing and flexible membership options for a variety of facilities. From national chains, such as Planet Fitness and Crunch, to area specialty gyms, HUSK has something for everyone.



HUSK NUTRITION

HUSK Nutrition virtual health and nutrition programs are based on clinical evidence. Meet with a registered dietitian who will implement a comprehensive personalized nutrition program designed specifically to answer your nutrition-related questions, meet your health goals, individual needs and lifestyle.



FITNESS EQUIPMENT AND TECHNOLOGY

Whatever your fitness level, HUSK has wearable equipment and technology to help you on your path to healthy living. Whether you want to track a daily activity or start a new exercise routine, find the best products and deals here.



FITNESS A LA CART

Your one-stop shop for all things virtual wellness for you and your family! Membership options allow you to watch videos that will take your wellness and training to the next level. Browse our offerings of apps, healthcoaching services, online health community platforms and more, for less! Take advantage of all the benefits of group exercise classes in the comfort of your home, get better insight into your child's social, emotional and mental well-being, or manage your health information all in one place - just to name a few.

HOLMAN GROUP SIGN UP PAGE: marketplace.huskwellness.com/holmangroup

Or, sign up at www.holmangroup.com on your organization's portal page

Customer Service Support:
to TheHolmanGroup@holmangroup.com or call 1-800-321-2843



The Holman Group
Managed Behavioral Health Care Services

1-800-321-2843 or visit www.Holmangroup.com

IMPORTANT: You can get an interpreter at no cost to talk to your doctor or Health Insurance Company. To get an interpreter or to ask about written information in (your language), first call your insurance company's phone number at 1-800-321-2843. Someone who speaks (your language) can help you. Someone who speaks Spanish can help you. If you need additional help, call the HMO Help Center at 1-888-466-2219.

IMPORTANTE: Puede obtener la ayuda de un intérprete sin costo alguno para hablar con su médico o con su plan de salud. Para obtener la ayuda de un intérprete o preguntar sobre información escrita en español, primero llame al número de teléfono de su plan de salud al 1-800-321-2843. Alguien que habla español puede ayudarle. Si necesita ayuda adicional, llame al Centro de ayuda de HMO al 1-888-466-2219.