

Health First Participating Vendors

(Updated as of 8/26/2010)

Acupuncture Works

Acupuncture

Receive a \$10.00 discount on one regular price treatment every calendar year.
1605 Monroe Street, Suite C, Madison
608-250-2536

American Baby

Magazine Subscription

Receive a complimentary subscription to the monthly magazine and/or the weekly e-mail newsletter, which is tailored to your stage in pregnancy or your child's age. Go to www.americanbaby.com to subscribe.

American Lung Association®

Smoking Cessation

Receive a 30% discount on the rate that is offered to the general public for American Lung's *Freedom from Smoking* smoking cessation program. This program provides a self-help manual and a relaxation/stress management CD. The self-help manual includes a quitting calendar and easy-to-use records to help people get to know their own habits. To obtain your copy, please call 1-800-LUNG-USA.
www.lungusa.org

Ancient Healing

Relaxation & Therapeutic Medicine

Offering Market, Body Energy Sessions & Classes to assist you in wellbeing.

- Receive 20% off all Flower Essences and 10% off all Books and CD's.
- Receive \$5 off Initial Soul Retrieval and/or, Breathwork Session and/or Manifest Your Intentions Class.
- Zero balancing offers 25% discount on an initial session.

809 Phillips Blvd., Sauk City, WI
608-644-9473

www.ancienthealingsauk.com

Anderson & Shapiro Eye Care

Refractive Eye Surgery

Receive a \$100 discount per eye for refractive surgery. Discount cannot be applied in addition to any other discount program.

1200 John Q. Hammons Drive, Suite 102, Madison
608-827-7705

Aniu

Yoga classes

Unity members' first yoga class at Aniu is complimentary. Valid for new students only.

2275 Deming Way, Middleton

608-833-2898

www.aniusalonandspa.com/yoga_home.html

ATA Madison West

Martial Arts Classes

Complimentary first class AND 20% off 3-Month Intro Program. (Valid for new students only. Not to be combined with any other discounts/coupons.). Offering martial arts, self-defense, and child safety classes to people of all abilities, ages 3 yrs and up.

1201 McKenna Blvd, Madison

608-212-8473

www.atamadison.com

Associated Hearing Professionals

Hearing Aids/Listening Devices

Save 10% on standard programmable and digital hearing aids, evaluations, and assistive listening devices.

4510 Regent Street, Madison

608-238-1199

Atwood Acupuncture Center, LLC

Acupuncture

Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.

Package sessions excluded.

2045 Atwood Avenue, Suite 105, Madison

608-265-5080

www.atwoodacupuncture.com



Badger Gymnastics Academy

Gymnastic Classes

Save 15% discount on tuition fees.

6901 Schroeder Road, Madison

608-271-1885

www.badgergymnastics.com

Bliss Flow Yoga & Wellness Center

Yoga Classes

\$89 for 10 classes. Receive 10% off the total purchase of an annual membership. Receive 10% off and \$10 in "Bliss Bucks" for first massage service.

2981 Cahill Main, Fitchburg, WI 53711

www.blissflowyoga.com

Blossoming Soul Massage, LLC

Massage Therapy

20% off of the current rate for massage on their initial visit and 10% off of subsequent visits.

(Not to be combined with any other discounts/coupons)

4710 East Broadway Drive, Suite 190, Madison, WI 53716

608-222-2700 (office) or 608-397-9559 (mobile)

www.blossomingsoulmassage.com

Blount Natural Therapies

Massage Therapy

Receive 25% off the standard massage rates.

100 North Cleveland Street, DeForest

608-846-2454

www.blountmassage.com

Chameleon

Spa & Salon Services

Receive a 10% discount on all spa and salon services each time you visit this Aveda Concept Spa and Salon.

1236 Main Street, Green Bay

920-437-7980

Chi's Acupuncture & Tui Na Center

Acupuncture

Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.

1 Odana Rd, Madison, WI

608-661-8866

www.chi-acupuncture-tuina.20m.com

The Chopra Center

Body, Mind & Soul Wellness

Visit www.chopra.com to view the large selection of books, audiotapes, CDs, DVDs, inspirational music, and Chopra Center Essentials – their own brand of herbal supplements, candles, massage oils, teas, and gifts. Use coupon code wis204 on-line to save 15% on all products.

www.chopra.com

Dr. Zhou's Acupuncture & Pain Management Clinic

Acupuncture and Massage

Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.

6425 Normandy Lane, Madison

608-236-9000

www.herbalpalace.com

East-West Healing Arts Institute

Massage Therapy

Receive a one-hour massage at the student massage clinic for \$25.

6425 Normandy Lane, Madison

608-240-1600

www.acupressureschool.com

Edgerton Therapeutic Massage & Body Works

Massage Therapy

Save 10% on all massage treatments.

608 Albion Road, Edgerton

608-931-5246

First Sun Studio

Zero Balancing and Massage Therapy

Receive a 25% discount on an initial Zero Balancing session and 20% discount on an initial therapeutic massage.

3720 9th Drive, Wisconsin Dells, WI 53965
608-254-6022

Equilibrium, LLC

Massage Therapy

Receive 1st massage at \$35, 2nd - 5th massage at \$55, package of 6 massages @ \$300 (\$50 each), and packages of 12 massages @ \$540 (\$45 each). 15% off "How to Meditate" 4 class series (or 3 hour). Prices range from \$45 to \$60. One free meditation group practice class. Additionally, one free class of simple and practical meditation/stress management classes. Prices range from \$10 to \$25 per class.

715 Hill Street, Suite 130, Madison, WI 53705
608 345 5430

www.equilibrium-wi.com
equilibrium.wi@gmail.com

Gentle Tiger Acupuncture LLC

Acupuncture and Oriental Medicine

Receive a discount of 10% on your first visit and \$3.00 off each follow-up visit*.

*Package Sessions are excluded.

715 Hill Street #250, Madison WI 53705.
608-346-1165 or 608-204-0100

Get Fit of Jefferson

Exercise Studio

Save 10% on memberships, classes, and services. *Located inside Roadway Inn.*

1456 South Ryan Avenue, Jefferson
920-723-2540 or 920-723-0743

Harbor Wellness Center

Pilates and Yoga Classes

Save on the cost of pilates and yoga classes. Pilates discounts available: 8-card pass, single visit and Mat Basics. Yoga discounts available: 10-class pass, single visit, senior discount and a 5-class pass for Intro to Yoga.

2529 Allen Boulevard, Middleton
608-821-6501

www.harborathletic.com/wellness.htm



Hands for Heart & Soul

Wellness & Empowerment

Fitness Programs

Save 15% on a one-year fitness program agreement.

314 S. Thomas Street, Westfield
608- 547-3900

Health & Energy Custom Therapy Massage

Massage Therapy

Receive an introductory massage service at 50% off the regular price.

411 Prairie Heights Drive, Verona
608- 345-7002

Healthy Prelude, LLC

Therapeutic Massage Therapy

"Healing With the Bounty of Nature"

Offering: Massage Therapy, Cranial Sacral, Deep Tissue, Myofascial Release, Zero Balance, Lymphatic, Yoga, Reiki. 15% off any therapy at the going rate, up to 4 sessions, 10% off any further treatment session

W9833 Skandinava Lane, Elroy, WI 53929
608- 462-4010



Imagine Fitness & Sports Medicine, Inc.

Fitness Classes

Receive \$20 off when you join our 6-Week Body Transformation Program. Our 6-week Body Transformation program includes nutritional guidance, unlimited access to Imagine Fitness classes, and unlimited support and motivation!! Become one of our success stories!! Check out some of our success stories at www.imaginefitness.net

OR

Join our 12-month VIP Program and receive One Month Free! Both our 6-week Body Transformation and VIP Programs include but are not limited to the following classes: Boot camps, Cardio Kickboxing, PiYo, and BOSU: Total Body Workout.

Contact us at staff@imaginefitness.net or call Malinda at (608) 215-3101 or Chuck at (608) 215-3205.
1100 Dallas Street, Suite D, Sauk City, WI 53583
www.imaginefitness.net or www.imaginefitnessblog.com

Inner Fire Yoga

Yoga classes

Inner Fire Yoga offers a variety of yoga styles including Bikram Yoga, Flow Yoga, Hot Yoga, and Yin Yoga. Unity members can receive a special introductory offer of two weeks of unlimited yoga for \$20 as well as receive a 12% discount on regular packages.

3527 University Avenue, Madison
608-661-0167

www.innerfireyogacenter.com



InnerSparks, LLC

Reiki & Life Coaching Services

Receive 10% off Reiki and Life MAPS (Mind At Peace) Individual Programs. InnerSparks, llc specializes in Integrating Mind, Body and Soul to create a Healthy, Meaningful and Prosperous Life. In-person and phone sessions available.

Andrea Kivolowitz, OTR/L, Reiki Master Teacher, Professional Life Coach

715 Hill St. Suite 270 Madison, WI

www.innersparks.com

608-516-7087

andrea@innersparks.com

Lisa Tiedt Therapeutic Massage

Massage Therapy

Receive \$10 discount on one regular price one hour massage session.

Special package offered at \$275 for 5 one hour sessions. Session based on individual needs, incorporating relaxation and specific therapeutic techniques.

2158 Atwood Ave., Suite 205, Madison, WI 53704

608-669-5363

J & A Studio

Spa Services

Receive a complimentary Eye Zone Treatment with the purchase of a facial or receive a 75-minute massage for the price of a 60-minute massage.

113 Depot Street, Johnson Creek

920-699-5161

Jenny Craig

Weight Loss & Weight Management

Join Jenny Craig and receive a Free 30-Day Program*, 50% off the 6-Month Corporate VIP Program*, and 20% off the 1-Year Premium Success Program*.

*Plus the cost of food and shipping when applicable at participating Centres and Jenny Direct® in the United States, Canada, Puerto Rico. Discounts apply to membership fee only. Pricing subject to change. (Click on logo.)



Jewel in the Lotus Yoga, LLC

Yoga classes

Receive 10% discount on yoga classes.

(Excludes Introductory Offers)

821 East Johnson Street, Madison

1-608-213-3804



K2 Massage Therapy

Massage Services

Receive \$10 off for the first visit and/or 10% off for subsequent visits

(located inside Artistic Salon & Spa)

5920 Exchange Street, McFarland, WI 53558

1-608-335-4023

k2massagetherapy.com

Leia's Renu

Massage & Spa Services

Receive \$15 off any service on your first visit. 10% off all services on your following visits.

Our serene ambiance, personalized care and superior service will deliver an experience that will revive your body, mind and spirit. Licensed, Certified, Insured & experienced Therapists.

Leia McCumber, Owner & CMT

6417 Odana Rd Madison, WI

(in the Olde Towne Office Park)

www.LeiasRenuMassage.com

608-438-5342

LeiasRenu@yahoo.com

Lori Terrill, LMT

Massage Services

Save 10% on all massage services.

624 Isadore Street, Stevens Point

1-715-204-0146 or 1-715-342-9355

lori@wifamilywellness.com

Madison Area Massage, LLC

Massage Therapy

Providing in home and on site massage therapy services, receive 10% discount to members who receive services.

110 Georgiana Circle, Madison

608-334-9125

Mary Root, Massage Therapist

Therapeutic Massage

Receive 10% off massage sessions.

104 Sunset Avenue, Soldiers Grove, WI 54655

(608) 624-5944

Massahge, LLC

Relaxation & Therapeutic Massage

Receive a 25% discount on a \$60-valued, full-hour appointment for Swedish, Neuromuscular Therapy, and Lymphatic massages for \$45 per hour. Gentle Oncology massage is offered to Cancer patients and survivors for \$40 per hour. Geriatric massage for Senior Citizens is also offered for \$40 per hour.

Carol Ann Smith, BA, CMT

Nationally Certified Massage Therapist

WI License #: 3197-046

433 West Washington Avenue, #25, Madison

608-770-4918

Monona Grove Therapeutic Massage LLC

Relaxation & Therapeutic Massage

Receive \$10 off first 1 hour massage and \$5 off future hour massages. Focus is on Women's Health. Provides Swedish, Pregnancy, Cancer and Geriatric massages and Neuromuscular therapy. Sessions based on individual needs from relaxation to therapeutic work.

Angela Heine, Certified Massage Therapist

2850 Cottage Grove Road, Cottage Grove (Inside Heartland Family Chiropractic)

608-206-3605

www.angelasmassagetherapy.com

Natural Path Health Center

Holistic Health & Weight Loss

Receive a free initial consultation and a 15% discount off follow-up consultations and programs with Dr. Oler. Receive \$100 off "Getting Started Visit" with the Optimal Body Balance program.

2940 Chapel Valley Road, Madison

608-274-7044

www.naturalpathhealthcenter.com

New Concepts Salon

Hair Salon

Receive \$10 off your first visit. In addition receive 20% off retail purchases.

5511 Odana Road, Madison

608-661-4000

www.newconceptssalon.com

New Life Physical Therapy and Sports Medicine

Massage Therapy

Save 10% on massage therapy visits.

2639 New Pinery Road, Suite 2, Portage

608-742-9356

New Self Renewal Center

Massage Therapy

Receive 1 free month membership

and /or \$49 for 1 hour massage.

6300 Enterprise Lane, Madison

608-310-6775 or 608-630-1568 (cell)

www.newselfrenewal.com

Oasis Day Spa

Spa Services

Receive 20% discount for an a la carte services. Sometimes a luxury, always a lifestyle!

8016 Watts Road, Madison

608-828-9470

www.oasisdayspamadison.com

Play it Again Sports

New and Used Sporting Goods

Present your Unity card to receive 10% discount.

712 South Gammon Rd, Madison

608-277-1988

www.playitagainsports.com

Reach for the Sky Thai Bodywork and Massage

Massage Therapy

Receive 25% discount on initial session and \$5.00 off subsequent session of one hour or more.

604 Crandall St, Madison, WI 53711

608-238-2444

Rejuvenation Spa

Spa Services

Receive a 10% discount on all spa services each time you visit this Aveda Concept Spa and Salon.

7420 Mineral Point Road, Madison

608-831-SKIN (7546)

www.rejuvenationspa.net

Resolution Therapeutic Massage

Massage Therapy

Receive \$10 off first visit and 10% off consecutive visits.

204 West Cottage Grove Road

608- 443-7048

andrea.k.massage@gmail.com

Safe Beginnings®

Childproofing, Baby Care & Home Safety

Save 20%* on the largest selection of childproofing products, baby care items and general home safety products. Visit Safe Beginnings at www.safebeginnings.com to see their expansive selection. You will find safety gates, outlet covers, developmental toys, fire escape ladders, carbon monoxide detectors, first aid kits, and more! When placing an order, identify yourself as a Unity member with code 'UHI', under Group Sales or call 1-800-598-8911 to request a free catalog.

www.safebeginnings.com

** Some exclusions may apply. Discount cannot be combined with any other offer and is not valid for prior purchases.*

SelfHelp Works

Programs for Weight, Smoking, and Alcohol

Receive a 30% discount on Selfhelpworks' online Lifestyle Management Training programs, which enable you to eliminate the psychological blocks that have kept you from stopping smoking, living lean, or managing alcohol successfully in your life. These positive and motivational programs offer engaging multimedia content, high interactivity, one year of personal support, and much more. They deliver without fail on your dial-up modem.

How to Enroll

1. Go to www.selfhelpworks.com
2. Choose the program you want to sign up for
3. In the upper right hand corner click on enrollment information
4. Go to group password, click, and enter your group password: shwuhp

Studio Z

Spa and Hair Salon Services

Receive 20% off all spa services and 15% off all salon services.

6025 Monona Drive

Madison, WI 53716

1-608- 221-7888

www.studiozmadison.com

Swim Reedsburg

Family Fitness Center

Receive 10% discount on the following:

- Red Cross Training classes - Individuals who would like to become certified or need to be re-certified in CPR, First Aid, a variety of Lifeguard Training classes and CPR and First Aid for the professional including Bloodborne Pathogen Training.
- Summer Camps - 3 day camps for kids throughout the summer. One will focus on survival skills, boating, camping, some basic first aid skills and swimming. Another will be focused on healthy eating and some fun exercises.
- Drop-In Rates - Family swim, lap swim, and fitness classes.

E6881 North Dewey Avenue, Reedsburg, WI

1-608-524-4555

www.swimreedsburg.com

Swimwest

Family Fitness Center

Save 15% on a standard membership.

1001 Deming Way, Madison

608-831-6829

www.swimwest.com

Synergy Wellness Center

Acupuncture and Massage Therapy

Receive 20% off initial visits of acupuncture and massage and 10% off subsequent visits of acupuncture and massage.

3310 University Ave, #204, Madison

608-233-3588

www.synergywellnesscenter.net

The Massage Connection

Massage Therapy

Receive a 10% discount off one-hour and ½ hour massage sessions.

Dana Gray, R.M.T.

350 North Dewey Avenue, Reedsburg, WI

608-524-7707

Thin and Healthy's Total Solutions

Weight loss program

Receive 66% off of the enrollment fee.

5973 Executive Drive, Fitchburg

608-274-8447

www.thinandhealthy.com/madisonwest

Therapeutic Massage by Debra

Massage Therapy

Save 15% on massage therapy services.

841 N. Gammon Road, Unit F, Madison

608-209-2439

True Balance Massage and Bodywork

Massage Therapy

Receive \$15 off 60 or 90 minute sessions.
585 Water Street, Prairie du Sac, WI 53578
608-643-3540

TruHearing

Hearing Instruments

Receive a discount from TruHearing on mid- to high-level digital hearing instruments and basic level hearing instruments. Prices vary based on the type of hearing instrument. To find a TruHearing provider visit www.truhearing.com or call 1-800-687-4574.

TruVision

Contact Lenses

Purchase contact lenses from TruVision with a valid contact lens prescription. All types of contact lenses are available at low prices from all major manufacturers. Prices vary based on the quantity purchased shipping is free. To order, visit www.truvision.com or call 1-877-658-2020 Monday through Friday from 8 a.m. to 9 p.m. CST.

TruVision

Laser Vision Correction

Laser Vision Correction is available to Unity members through TruVision for \$895* per eye. This offer includes a pre-operative exam, the LASIK or PRK procedure, post-operative care, and retreatment warranty. 100% patient financing is available upon approved credit. To access this discount program, you must schedule directly through TruVision. For more information about the program, participating providers, other programs, or to schedule a pre-operative exam, call TruVision toll-free at 1-877-766-2020 Monday through Friday from 8 a.m. to 8 p.m. CST or visit www.truvision.com. An eyeglass prescription is necessary prior to calling for an appointment. A deposit is also required when booking a complete eye exam. The deposit is fully refundable prior to scheduling surgery.

**Prices may vary outside of Wisconsin. Price subject to change without notice.*

UW Health Optical Shops

Eyeglass Frames & Lenses

UW Medical Foundation offers Unity members a 15% discount off any eyeglass lenses and eyeglass frames (does not apply to contact lenses) obtained at the following locations:

Madison

780 Regent St Suite 306, 608-251-7286

2880 University Ave, 608-263-7480

451 Junction Rd, 608-265-7731

5249 East Terrace Dr, 608-265-1203

Middleton

2349 Deming Way, Suite 200 608-824-3930

UW Health Refractive Surgery

Refractive Surgery Services

UW Health offers Unity members a flat discount Amount - \$100 discount per eye for IntraLASIK Refractive Surgery services with Dr. Patricia Saab or Dr. Sarah Nehls. This discount does not extend beyond the first year's worth of post-operative exams and does not apply to enhancements or co-management fees to other optometrists.

2810 City View Drive, Madison

608-249-6000

Valerian Day Spa

Spa Services

Save \$10.00 on any 50-minute or longer service.
2670M East Main Street, Reedsburg
608-768-1772

Verban Massage and Body Therapy

Massage Therapy

Receive an initial consultation and 60-minute massage for \$50 (20% off regular rate)
6441 Enterprise Lane, #102
Madison, WI 53711
608-338-6259
www.verbanmassage.com

Vision Fitness

Fitness Equipment

Vision Fitness started as a division of Trek Bicycle Company and has since spun off to become one of the top fitness equipment companies in the U.S. They offer award-winning fitness bikes, treadmills, and elliptical trainers. Receive a 10% discount on all Vision Fitness equipment purchased at *2nd Wind* stores in Wisconsin. This discount cannot be combined with any other offer. *2nd Wind* is an authorized Vision Fitness retailer. For the *2nd Wind* store nearest you, visit www.visionfitness.com and click on Retailer Locator.

Vital Touch, LLC

Massage & Acupressure Services

Save 10% on massage services and 15% on acupressure services.
Judith Rasmussen, NCTMB, WRMTLicense #
463-046
313 Price Place, Suite 1, Madison
Located near Hilldale Mall
Call 608-335-6777 for an appointment



Vitalite Massage

Massage Therapy

Receive 60 minute massage for \$50 or \$10 off any gift certificate.
421 South Yellowstone Drive
608-358-5072
vitalitemassage@gmail.com

Watertown Jazzercise Class

Exercise Class

Joining Fee Waived (value \$25), 10 weekly unlimited classes
Cindi Chellew, Watertown Jazzercise Owner/Instructor
www.watertownjazzercise.com
262-719-2389

Locations at:

- Bethesda Lutheran Homes Gym
700 Hoffman Drive, Watertown
- Immanuel Ev Lutheran Church
204 N 10th Street, Watertown



Wellness Forever

Weight Management

Receive one free weight management consultation session after completion of 10 paid weight management consultation sessions.

560 Scott Street, Oregon

608-835-5207

Wellness Works

Exercise, Nutrition and Massage Therapy

Receive 10% discount on exercise and nutrition classes and/or massage therapy.

125 Hospital Drive, Watertown

920-262-4639

Wolf Haven Wellness Center

Massage Services

Receive 10% off all massage treatments. Wolf Haven specializes in personalizing massage techniques to improve health and well-being.

310 East Main Street, Mt. Horeb

608-827-8858

6506 Normandy Lane, Ste B, Madison

608-827-8858