

Blue ExtrasSM

Save money on gym memberships, eye wear, hearing aids and much more.

Money-Saving Program



Through the BlueExtras program, Blue Cross and Blue Shield of Texas (BCBSTX) members are eligible to save money on health care products and services that help support healthy lifestyles. These savings are for health care products and services not usually covered by your health care benefit plan. There are no claims to file, no referrals or pre-authorizations, and no additional fees to participate – it's just one more advantage of being a BCBSTX member.

For information about the products and services offered through BlueExtras, visit the HealthSelect Web site at www.bcbstx.com/hs/blueextras.htm.

Curves

www.curves.com

(800) CURVES-30 (800-287-8373)

Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through resistance equipment. Curves has made exercise available to more than four million women, many of whom are in the gym for the first time. To get your discount, present your BCBSTX ID card at a participating Curves location.

Jenny Craig

www.jennycraig.com/corporatechannel/bcbstx.aspx

(800) 96-JENNY (800-965-3669)

The Jenny Craig Program is a long-term solution for weight loss and healthy weight management that teaches you how to create a healthy relationship with food, build an active lifestyle and develop a balanced approach to living. Each program includes weekly, one-on-one consultations with a personal consultant at a Jenny Craig Centre or over the phone with Jenny Direct, the at-home program. The choice is yours! To download your special offer coupon, log in to Blue Access[®] for Members.

Life Time Fitness

www.lifetimefitness.com

Life Time Fitness offers a complete health fitness experience no matter your fitness level, interests, schedule or budget. For BCBSTX members who join as new members to this full-service health club, Life Time Fitness will waive the enrollment fee and provide you with a complimentary service offered at one of the clubs*. Visit the Life Time Fitness Web site, at www.lifetimefitness.com, where you can find a free, seven-day pass to try out the location nearest you.

* Proof of Blue Cross and Blue Shield of Texas coverage is required. The \$0 enrollment fee offer is available only to new membership contracts beginning July 1, 2009. An administrative fee applies to all memberships (\$85 for Single and \$95 for Couple and Family memberships).

Monthly dues and state taxes may also apply and will vary by location. Membership prices, dues and fees are subject to change at any time. Other restrictions may apply. See a Life Time Fitness Member Advisor for details. Always check with the Life Time Fitness club in your area for the current promotional offer, which is subject to change.



**BlueCross BlueShield
of Texas**

Experience. Wellness. Everywhere.SM



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Complementary Alternative Medicine

www.bcbstx.com/hs/cam.htm

(866) 656-6069

Complementary Alternative Medicine (CAM) includes a variety of therapies that may help to improve your health, prevent illness and address existing symptoms and conditions. As a HealthSelect participant, you're automatically eligible to receive up to 30 percent off standard fees through the Healthways WholeHealth network of more than 35,000 practitioners, spas, and wellness and fitness centers. You can access the www.wholehealthmd.com Web site to search for a network practitioner, by logging in to Blue Access for Members at www.bcbstx.com/hs.

Davis Vision

www.davisvision.com

(800) 501-1459

Save on eyeglasses (frames and lenses), as well as contact lenses, laser vision correction services, examinations and accessories through one of the nation's leading providers of routine vision care programs. For a list of Davis Vision providers near you just log in to Blue Access for Members at www.bcbstx.com/hs. Click on the **My Coverage** tab at the top, and then the **BlueExtras Discount Program** link. The Davis Vision network consists of major national and regional retail locations, such as EyeMasters and Visionworks, as well as independent ophthalmologists and optometrists.

TruHearing

www.truhearing.com

(800) 687-4796

Save on digital hearing aids through TruHearing. Get a hearing test at no additional charge by a licensed hearing specialist when performed for the purpose of fitting a hearing aid. Enjoy a 45-day, money-back guarantee, a three-year warranty, a one-year supply of batteries with purchase and a selection of hearing aid styles at various price levels. This discount program is available to you, your covered dependents, parents and grandparents.

To get your discount, call TruHearing Customer Service at (800)687-4796. A TruHearing representative will locate a provider in your area and assist you with scheduling your appointment.

The relationship between these vendors and Blue Cross and Blue Shield of Texas (BCBSTX) is that of independent contractors.

Healthways WholeHealth Networks, Inc. ("Healthways") is an independent contractor which administers the Complementary Alternative Medicine discount program for BCBSTX.

BlueExtras is a discount program available to BCBSTX members. Some of the services offered through BlueExtras may be covered under your health plan. Please refer to your benefit booklet or call the customer service number on the back of your ID card for specific benefit information under your health plan. Use of BlueExtras does not affect your premium, nor do costs of BlueExtras' services or products count toward your calendar year or lifetime maximums and/or plan deductibles. Discounts are only available through participating vendors.

BCBSTX does not guarantee or make any claims or recommendations regarding the services or products offered under BlueExtras. You may want to consult with your physician prior to use of these services and products. BCBSTX reserves the right to discontinue or change this discount program at any time without notice.

Blue Extras

To use **BlueExtras**,
show your BCBSTX ID
card to a participating
provider and receive
the special offer.

For more information,
visit the Wellness page at

www.bcbstx.com/hs