

Save money with BlueExtrasSM

BlueExtras provides you and your covered dependents access to discounted health-related services typically not covered by your health benefits plan. We're continually enhancing this program, and we're excited to announce the addition of **Complementary Alternative Medicine (CAM)**!



What is **CAM**? Complementary Alternative Medicine includes a variety of therapies that may help to promote wellness, prevent illness and address existing symptoms and conditions.

As a Blue Cross and Blue Shield of Texas (BCBSTX) member, **you are eligible to receive discounts of up to 30 percent off** certain **CAM** services such as massage therapy, fitness club memberships, spas and more. Discounts are also available for vitamins, and health and wellness magazines.



BlueCross BlueShield
of Texas

www.bcbstx.com

For additional information, log into Blue Access® for Members at www.bcbstx.com/member. Click on the **My Coverage** tab at the top, and then the **BlueExtras Discount Program** link.

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Healthways WholeHealth Networks, Inc. ("Healthways") is an independent contractor which administers the Complementary Alternative Medicine (CAM) discount program for Blue Cross and Blue Shield of Texas (BCBSTX).

This is a discount program available to BCBSTX members. Some of the services offered through the CAM discount program 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 this discount program does not affect your premium, nor do costs of the discount program, services or products count toward your calendar year or lifetime maximums and/or plan deductibles. Discounts are only available through practitioners participating through Healthways in the CAM discount program.

BCBSTX does not guarantee or make any claims or recommendations regarding the services or products offered under the CAM discount program. 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.