

Blue ExtrasSM

BlueExtras gives subscribers access to discounts on a variety of health care and wellness products and services

Discount Program Focuses on Wellness



BlueExtras Discount Program

Blue Cross and Blue Shield of Texas (BCBSTX), a Division of Health Care Service Corporation,* invites Medicare Supplement subscribers to experience wellness everywhere they live, work and play through our BlueExtras Discount Program. Through BlueExtras, BCBSTX subscribers are eligible to save money on value-added health care products and services¹ that can enhance subscriber health and well-being. Simply show your BCBSTX ID card to a BlueExtras provider to receive your discount. There are no claims to file, no referrals or pre-authorizations – it's just another advantage of being a BCBSTX subscriber. And best of all, your BlueExtras discount program adds nothing to the cost of your Medicare Supplement insurance coverage!

For additional information about the products and services offered through BlueExtras, call us Toll Free at 1-888-788-4184.

Complementary Alternative Medicine

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 BCBSTX subscriber, you're eligible to receive as much as 30% off standard fees through a network of practitioners, spas, and wellness and fitness centers. You're also eligible to receive discounts on vitamins, herbal supplements, and health and wellness magazines.

Life Time Fitness

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 of 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 clubs². 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.

*Not connected with or endorsed by the U.S. Government or the Federal Medicare Program.

¹BlueExtras is a value-added discount program available to Blue Cross and Blue Shield of Texas Medicare Supplement subscribers. The services available through BlueExtras are not part of the Medicare Supplement insurance plan being advertised in this information packet. The value-added services may be discontinued or changed at any time and may be subject to geographic availability.

²Proof of Blue Cross and Blue Shield of Texas coverage is required. The \$0 enrollment fee offer is available only to new membership contracts. 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.™

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a Mutual Legal Reserve Company,
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Blue Extras

Jenny Craig

Jenny Craig is a long-term food/body/mind solution that can help you manage your weight by teaching you how to create a healthy relationship with food, build an active lifestyle and develop a balanced approach to living. You have the option to choose the right program for your lifestyle with weekly consultations at a Jenny Craig Centre or over the phone with the Jenny At-Home program. It's up to you!

Curves

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.

Davis Vision

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, search the Provider Finder[®] at www.bcbstx.com. 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

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 two-year warranty and a selection of hearing aid styles at various price levels.

To learn more about these discounts and any new products or services, call us Toll Free at 1-888-788-4184.

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

BlueExtras is a discount program available to BCBSTX subscribers. 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.

To use **BlueExtras, simply show your BCBSTX ID card to a participating provider to receive your discount.**

www.bcbstx.com