



BlueCross BlueShield of Texas | *Experience. Wellness. Everywhere.®*



BlueExtrasSM

Money-Saving Program

Through the BlueExtras program, Blue Cross and Blue Shield of Texas (BCBSTX), a division of Health Care Service Corporation, 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.

BlueExtras

offers members and covered dependents access to savings on a variety of health care and wellness products and services. Simply show your BCBSTX ID card to a program participant to receive the special offer. To learn more about these offers, log in to Blue Access[®] for Members (BAM) at bcbstx.com.

Complementary Alternative Medicine (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 BCBSTX member, you're automatically eligible to receive up to 30 percent off standard fees through the Healthways WholeHealthMD network of more than 35,000 practitioners, spas, and wellness and fitness centers. You can access the WholeHealthMD website to search for a network practitioner by logging in to BAM.

Jenny Craig[®] (877) JENNY70 (877-536-6970)

Jenny Craig can help you achieve your weight loss goals. Through one-on-one support provided by a trained weight loss consultant, you will receive a tailored program based on the three essential components of successful weight management: Food, Body, Mind. You can meet with your consultant in-person in a local centre, or enjoy the convenience and privacy of the Jenny Craig At Home program. To access a special savings coupon, log in to BAM.

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

bcbstx.com



For more information about BlueExtras, log in to Blue Access for Members at bcbstx.com. Click the **My Health** tab, and then the **BlueExtras Discount Program** link.

Seattle Sutton's Healthy Eating®'

(800) 442-DIET (800-442-3438)

Seattle Sutton's Healthy Eating offers convenient delivery of freshly prepared, calorie-controlled meals designed to help with weight loss and management of certain health conditions. Log in to BAM for further details and to access the Seattle Sutton's Healthy Eating website, where you can learn more about the program or find a location near you.

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 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.* When you log in to BAM and access the Life Time Fitness website, you can find a free, seven-day pass to try out the location nearest you.

Davis VisionSM'

(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. Find out more when you log in to BAM, where you also can access a list of Davis Vision participants near you. 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®'

(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. Learn more when you log in to BAM.

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

* 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 on or after 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.

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 any 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.

bcbstx.com