

# be healthy and save



Your wellness is important to us. To make it easier for you to take better care of yourself, we offer a wide range of member discounts on popular programs<sup>1</sup> that can help you save money and get healthier. These program discounts are available to all members who have a Blue Shield medical, dental, vision, or life insurance\* plan.

## Our wellness discount programs:

### Weight Watchers

Save while you lose those extra pounds and keep them off:

- Online savings – Special rates on 3- and 12-month subscriptions; waived registration fee
- At-home kits – \$10 off standard prices for each kit
- Meeting vouchers – Special member prices for 13- and 18-week local meetings
- Premium extras – Complimentary walking kits and exercise DVDs

### 24 Hour Fitness

Waived/discounted fees make it easier to get in shape and stay fit:

- Waived enrollment and processing fees
- Discounted initiation fees and monthly dues – as low as \$24.99 a month

### Drugstore.com

Pay less when you shop for health and wellness products at drugstore.com:

- 5% off non-prescription drugs
- 15% off herbal vitamins and natural supplements
- 15% off contact lenses for first-time customers; 5% off subsequent orders
- 5% back in rewards for every eligible purchase made when you join the drugstore.com dollars program

### ChooseHealthy Alternative Care Program

Relax and save on alternative healthcare services from participating practitioners:

- Acupuncture services – 25% off usual and customary fees
- Chiropractic services – 25% off usual and customary fees
- Massage therapy – 25% off usual and customary fees
- Health and wellness products – Discounts on vitamins, herbal supplements, fitness equipment, and more; free shipping on most items

### Vision services

See better and spend less:

Vision care – Get 20% off the published retail prices when you use a participating provider in the Discount Vision Program network<sup>2</sup> for:

- Routine eye exams
- Frames and lenses (including photochromic)
- Tints and coatings
- Extra pair of glasses
- Non-prescription sunglasses

LASIK - Get a 15% discount on LASIK and PRK correction surgery through the TLCVision provider network in California. Members who reside outside California receive a 10% discount.

Learn more

For details, go to [blueshieldca.com/wellnessdiscounts](https://blueshieldca.com/wellnessdiscounts).

\* Underwritten by Blue Shield of California Life & Health Insurance Company (Blue Shield Life).

1 These discount program services are not a covered benefit of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply.

The network of practitioners and facilities in the discount programs are managed by the external program administrators identified below, including any screening and credentialing of providers. Blue Shield does not review the services provided by discount program providers for medical necessity or efficacy. Nor does Blue Shield make any recommendations, representations, claims or guarantees regarding the practitioners, their availability, fees, services, or products.

Some services offered through the discount program may already be included as part of the Blue Shield health plan covered benefits. Members should access those covered services prior to using the discount program.

Members who are not satisfied with products or services received from the discount program may use Blue Shield's grievance process described in the Grievance Process section of the *Evidence of Coverage or Certificate of Insurance/Policy*. Blue Shield reserves the right to terminate this program at any time without notice.

Discount programs administered by or arranged through the following independent companies:

ChooseHealthy Affinity Discount Program – American Specialty Health Networks, Inc. (ASH Networks) and Healthroads, Inc.

Vision program – MESVision

Weight control – Weight Watchers North America

Fitness facilities – 24 Hour Fitness

Health products (excluding prescription drugs) – Drugstore.com inc.

LASIK – Laser Eye Care of California, LLC (within California) and TLCVision (USA) Corporation (outside California)

2 Currently available in Arizona, California, Colorado, Idaho, Nevada, Utah, Oregon, Texas, and Washington.