

Blue ExtrasSM

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

Money-Saving Discount Program



Through the BlueExtras discount program, all Blue Cross and Blue Shield of Illinois (BCBSIL) members are eligible to save money on value-added health care products and services that help support healthy lifestyles. These discounts 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 benefit of being a BCBSIL member.

For additional information about the products and services offered through BlueExtras, log into Blue Access[®] for Members (BAM) at www.bcbsil.com. Click on the **My Health** tab, and then the **BlueExtras Discount Program** link.

Complementary Alternative Medicine

www.bcbsil.com/member
(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 BCBSIL member, you're automatically eligible to receive up to 30 percent off standard fees through a network of more than 35,000 practitioners, spas, and wellness and fitness centers.

You're also eligible to receive discounts on vitamins, herbal supplements, and health and wellness magazines. You can access the wholehealthmd Web site by logging into BAM.

Jenny Craig

www.jennycraig.com
(800) 96-JENNY (800-965-3669)

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! To download your discount coupon, log into BAM.



**BlueCross BlueShield
of Illinois**

Experience. Wellness. Everywhere.™



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Blue Extras

BlueExtras gives members and covered dependents access to discounts on a variety of health care and wellness products and services.

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.

Davis Vision

www.davisvision.com

(877) 393-8844

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, go to www.bcbsil.com, click on *Provider Finder*®, then click on *Find a Vision Provider*. 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) 687-4617

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 and a selection of hearing aid styles at various price levels.

To learn more about these discounts, log into Blue Access for Members at www.bcbsil.com.

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

BlueExtras is a discount program available to BCBSIL 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.

BCBSIL 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. BCBSIL reserves the right to discontinue or change this discount program at any time without notice.

www.bcbsil.com