

Blue ExtrasSM

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



**BlueCross BlueShield
of Illinois**

Experience. Wellness. Everywhere.SM

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

© Registered Service Marks of the
Blue Cross and Blue Shield Association,
an Association of Independent
Blue Cross and Blue Shield Plans

SM Service Mark of Health Care Service Corporation

Discount Program Focuses on Wellness



BlueExtras Discount Program

Blue Cross and Blue Shield of Illinois (BCBSIL), a Division of Health Care Service Corporation, invites members to experience wellness everywhere they live, work and play through our BlueExtras Discount Program. Through BlueExtras, BCBSIL members are eligible to save money on value-added health care products and services that can enhance member health and well-being. Simply show your BCBSIL 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 BCBSIL member. And best of all, your BlueExtras discount program adds nothing to the cost of your insurance coverage!

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 BCBSIL member, 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.

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.



BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.™

Blue Extras

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.bcbsil.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.

Life Time Fitness Centers

Life Time Fitness offers a complete health and fitness experience including indoor and outdoor water parks, sports courts and rock climbing caverns, personal training and group fitness programming, child care centers, cafes and spas. Get free lockers and towels, 24/7 access to the center and more. Life Time Fitness centers are located throughout the suburban Chicago area and across 17 other states.

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.

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

www.bcbsil.com