

Be healthy and save



To help you save money while you're working on meeting your health and fitness goals, we offer preferred pricing and discounts on popular programs.¹ These are available to all members who have a Blue Shield of California medical, dental, vision, or life² insurance plan.

Health and wellness

Fitness and exercise

Enroll yourself and your dependents in one of the most flexible gym membership programs available in the market to stay committed to your health goals and feel good on your own terms.

- Work out at any facility within our wide network of more than 10,000 national and local fitness locations.
- Meet your lifestyle needs by working out anytime, anywhere, and as often as you need while tracking progress of your goals online.
- If you are a Medicare-eligible member, you have access to gyms and fitness classes with coverage provided by our SilverSneakers® fitness program.

Visit blueshieldca.com/wellnessdiscounts for program details.

Weight management programs

Lose those extra pounds and keep them off through nationally recognized diet and lifestyle change programs.

- Enroll in weight management and lifestyle change programs at no additional charge through our Wellvolution® Diabetes Prevention Program. See if you qualify at solera4me.com/shield.
- Take advantage of online savings for Weight Watchers with special rates on three- and 12-month subscriptions. Monthly Pass is also available for unlimited local meetings each month, plus free eTools. Learn more at blueshieldca.com/wellnessdiscounts.

Alternative care

Alternative Care Discount Program

Relax and save on alternative healthcare services from participating practitioners with American Specialty Health Group, Inc. (ASH Group):

- Acupuncture services – 25% off usual and customary fees
- Chiropractic services fees – 25% off usual and customary fees
- Massage therapy – 25% off usual and customary fees

Simply show your Blue Shield member ID card at your appointment with a participating provider to get your discount.

Visit blueshieldca.com/wellnessdiscounts for program details.

Healthy living discounts

Health and wellness products

Browse and purchase a broad selection of health improvement and wellness products, fulfilled by an e-retail site.

Visit blueshieldca.com/wellnessdiscounts for program details.

Discount Hearing Program

Hearing aid discounts

Save 30% to 60% off manufacturers' suggested retail prices on major brands through EPIC Hearing Healthcare.

To learn more, call EPIC at (866) 956-5400 or visit epichearing.com.

Vision discounts

Discount Provider Network³

Save 20% on the following services and materials at participating providers whether or not you have vision care benefits through Blue Shield:

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

Access participating providers at blueshieldca.com/find-a-doctor.

MESVision Optics

MESVisionOptics.com offers competitive prices on many contact lens brands⁴ as well as a selection of sunglasses, reading glasses, and eye care accessories.

- Blue Shield vision plan members can apply their eligible benefits to reduce their out-of-pocket cost for contact lenses.
- MESVision Optics stocks all major brands and types of contact lenses at a reduced price from other online retail sellers.
- Every lens is shipped in safe, sealed containers and is guaranteed to be the exact lens prescribed by your doctor.
- Free shipping is available for all orders over \$50.

Learn more at MESVisionOptics.com.

QualSight LASIK

Save on LASIK surgery at more than 45 surgery centers in California.

Blue Shield members in California saved an average of \$1,200 per LASIK surgery and over \$800 on procedures such as Custom Bladeless (all-laser) LASIK in 2012.

Services include:

- Pre-screening
- Pre-operative exam
- Post-operative visits

To find out if you are a potential candidate, call **(877) 437-6110** or visit qualsight.com/-lasikca.

NVISION Laser Eye Centers

Get a 15% discount for services from NVISION Laser Eye Centers.

NVISION Laser Eye Centers has some of the most experienced surgeons in the world, with offices in Southern California and Sacramento.

You can use your flexible spending account or take advantage of affordable financing options.

To learn more, call NVISION at **(877) 91 NVISION** or **(877) 916-8474**, or visit NVISIONcenters.com to find a provider.

Learn more

See all the ways you can save money and take better care of yourself at blueshieldca.com/wellnessdiscounts.

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. Discount program services are available to all members with a Blue Shield medical, dental, vision, or life insurance plan.

The networks 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 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:

- Alternative Care Discount Program – American Specialty Health Systems, Inc. and American Specialty Health Group, Inc.
- Discount Provider Network and MESVisionOptics.com – MESVision
- Weight control – Weight Watchers North America
- LASIK – Laser Eye Care of California, LLC; QualSight, Inc.; and NVISION Laser Eye Centers

² Underwritten by Blue Shield of California Life & Health Insurance Company (Blue Shield Life).

³ The Discount Provider Network is available throughout California. Coverage in other states may be limited.

⁴ Requires a prescription from your doctor or licensed optical professional.

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