

# be healthy and save

To help you save money while you're working on your health, we offer member discounts on popular weight loss, fitness, health and wellness, and vision programs.<sup>1</sup> The discounts are available to all members who have a Blue Shield medical, dental, vision, or life<sup>2</sup> insurance plan.

## Diet and exercise

### 24 Hour Fitness

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

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

### ClubSport and Renaissance ClubSport

Get fit and save a bundle:

- 60% discount on enrollments when joining with a month-to-month agreement
- \$0 enrollment fee when joining with a 12-month agreement (there is a one-time \$25 processing fee when you enroll)
- Two complimentary personal training sessions for each new member (a \$150 value)
- Three hours of complimentary childcare with a family membership

### Weight Watchers

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

- Online savings – Special rates on 3- and 12-month subscriptions
- Monthly pass – Special rates for unlimited local meetings each month, plus free eTools
- At-home kits – Special member pricing of \$124.90 for each kit

## Health and wellness

### Drugstore.com

Pay less when you shop for health and wellness products at [drugstore.com](https://www.drugstore.com):

- 5% off all orders placed through the Category store
- 5% off all purchases of True Fit vitamins and 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

### Alternative Care Discount Program

Relax and save on alternative healthcare services from participating American Specialty Health Networks' 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 Discount Program

You have access to participating providers in the Discount Vision Program network<sup>3</sup> and can get a 20% discount for the following:

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

## QualSight LASIK

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

- Members in California receive a 20% discount off providers' usual and customary fees on traditional and custom LASIK surgery
- Services include pre-screening, a pre-operative exam, and post-operative visits

## TLCVision LASIK

Save on LASIK and PRK surgery:

- Get a 15% discount off providers' usual and customary fees for LASIK and PRK correction surgery through a TLCVision or NVision network provider in California
- Members who live outside of California get a 10% discount off providers' usual and customary fees
- Services include pre-screening, a pre-operative exam, and post-operative visits

## Learn more

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

<sup>1</sup> 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 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 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 Networks, Inc. (ASH Networks)
- Vision Discount Program – MESVision
- Weight control – Weight Watchers North America
- Fitness facilities – 24 Hour Fitness, ClubSport, and Renaissance ClubSport
- Health products (excluding prescription drugs) – drugstore.com inc.
- LASIK – Laser Eye Care of California, LLC, QualSight Inc., and TLCVision Corporation

Note: No genetic information, including family medical history, is gathered, shared, or used from these programs.

<sup>2</sup> Underwritten by Blue Shield of California Life & Health Insurance Company (Blue Shield Life).

<sup>3</sup> The Vision Discount Program is available throughout California. Coverage in other states may be limited.