



**BlueCross BlueShield  
of Oklahoma**

Experience. Wellness. Everywhere.™

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

# BlueExtras<sup>SM</sup>

## More ways to save money with your member ID card

Through the BlueExtras<sup>SM</sup> discount program, all Blue Cross and Blue Shield of Oklahoma (BCBSOK) 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 benefits 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 BCBSOK member.

For additional information about the products and services offered through BlueExtras, visit [www.bcbsok.com/discountPrograms.html](http://www.bcbsok.com/discountPrograms.html).



### Davis Vision

[www.davisvision.com](http://www.davisvision.com) (877) 393-8884

Save on eyeglasses (frames and lenses), as well as contact lenses, examinations and accessories through one of the nation's leading providers of routine vision care programs. Call for a list of network providers near you, or use the online [Open Enrollment](#) feature at [www.davisvision.com](http://www.davisvision.com). Click on [Open Enrollment Login](#) and enter the Client Control Number 4472.



### TruVision

[www.truvision.com](http://www.truvision.com) (877) 654-2020

Davis Vision is pleased to provide you and your eligible dependents with the opportunity to receive laser vision correction services at significant discounts through the TruVision network. Laser vision correction begins at \$895 per eye.\*



### TruHearing

[www.truhearing.com](http://www.truhearing.com) (800) 687-4613

Save up to \$2,500 on digital hearing aids through TruHearing. Get a free hearing test by a licensed hearing specialist when performed for the purpose of fitting for 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.



### Jenny Craig

[www.jennycraig.com](http://www.jennycraig.com) (800) 96-JENNY (800-965-3669)

Jenny Craig is a long-term food/body/mind solution that can help 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 by conducting your weekly consultations at a Jenny Craig Centre or over the phone with Jenny Direct—the at-home program. It's up to you!



### Curves

[www.curves.com](http://www.curves.com) (800) CURVES-30 (800-287-8373)

Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective resistance equipment. Curves has made exercise available to more than four million women, many of whom are in the gym for the first time. Blue Cross and Blue Shield of Oklahoma members along with their covered dependents will receive a discount on the service fee to join.\*\*



## Complementary Alternative Medicine

[www.bcbsok.com/discountPrograms.html](http://www.bcbsok.com/discountPrograms.html) (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 Blue Cross and Blue Shield of Oklahoma member, you're automatically eligible to receive up to 30 percent off standard fees through a national network of more than 35,000 practitioners, spas, wellness and fitness centers. You're also eligible to receive discounts on vitamins, herbal supplements, and health and wellness magazines.



## GHS

[www.igetghs.com](http://www.igetghs.com) (888) I-GET-GHS (888-443-8447)

Good drivers deserve great rates. And as a Blue Cross and Blue Shield of Oklahoma member, you can save even more with an additional five percent discount on your auto insurance.



## GlobalFit

[www.globalfit.com/bcbsok](http://www.globalfit.com/bcbsok) (800) 294-1500

Save on memberships to participating health and fitness clubs. Enjoy inexpensive club memberships, choices of quality fitness clubs, membership freezing and transferring options, no long-term contracts, benefits extended to family members, easy to use interactive Web site and knowledgeable fitness representatives available through a toll-free Fitness Club Help Line, (800) 294-1500.



## Safe Beginnings

[www.bcbsok.com/discountPrograms.html](http://www.bcbsok.com/discountPrograms.html) (800) 598-8911

Receive 20 percent off home safety products, child proofing products, and infant and toddler items, as well as educational toys and videos. Use the password "BCOK" when ordering online to receive your discount.



## Beltone

[www.beltone.com](http://www.beltone.com) (800) BELTONE (800-235-8663)

Members, their parents and grandparents can save 25 percent on hearing care products and services from a company with more than 60 years experience. Receive a free hearing screening, follow-up testing, a one-year supply of batteries and a two-year limited warranty.



## SafeTech

[www.bcbsok.com/discountPrograms.html](http://www.bcbsok.com/discountPrograms.html)

Receive 40 percent off bicycle helmets in a variety of styles and colors for the entire family.

\*You must schedule an appointment with TruVision to receive this price. Price may vary by state and is subject to change without notice.

\*\*Franchisee participation and discounts may vary.

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

BlueExtras is a discount program available to BCBSOK members. This is NOT insurance. 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 plan deductible, calendar year or lifetime maximums. Discounts are only available through participating vendors.

BCBSOK 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. Services and products are subject to availability by location. BCBSOK reserves the right to discontinue or change this discount program at any time without notice.