

# Blue Extras<sup>SM</sup>



BlueCross BlueShield  
of Oklahoma<sup>†</sup>

## Curves



Working out made easy! 30-minutes, three times per week

### Curves membership discounts

A regular exercise program is vital to achieving and maintaining a healthy weight. If you're not motivated to work out or feeling intimidated about joining a gym, Blue Cross and Blue Shield of Oklahoma (BCBSOK) may have the incentive you need.

Ask yourself these questions:

- Can you spend 30 minutes a day, 3 times a week, to improve your quality of life?
- Would you rather exercise in an environment designed especially for women?
- Would encouragement from other women help you reach your fitness goals?
- Have you just never found a fitness club that felt right for you?
- Have you ever wished for a fitness program that was simple and fun?

If you answered yes, then Curves may suit your style. 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.

BCBSOK members and their covered dependents can join Curves for a **special \$49.00\* joining fee**.

To take advantage of this discount, simply present your BCBSOK ID card at any Curves location\*\*. For more information, log onto the Oklahoma member Website at **[www.bcbsok.com/members](http://www.bcbsok.com/members)**. Click the **Discount Programs** tab on the left, and then click on **Curves**.

BlueExtras arranges for members and covered dependents to have access to discounts on a variety of alternative and complementary health care services and products.

\* Additional regular monthly fee applies.  
\*\*Franchisee participation and discount may vary.

# Curves<sup>®</sup>

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

†A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association  
The relationship between Blue Cross and Blue Shield of Oklahoma and Curves is that of independent contractors.  
This is a discount program available to BCBSOK members but is not a service covered by your benefit contract.

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