

Blue ExtrasSM



BlueCross BlueShield
of Oklahoma[†]

Jenny Craig



Jenny Craig membership discounts

Blue Cross and Blue Shield of Oklahoma (BCBSOK) recognizes that maintaining a healthy weight is important for your overall wellness. That's why we're pleased to offer you and your covered dependents a discounted joining fee to Jenny Craig.

The Jenny Craig program balances food, body and mind. Together with one-on-one support, Jenny Craig consultants design a personalized program that fits your lifestyle. Each day's menu includes three meals and snacks chosen from more than 75 menu items.

Choose the program that works best for you:

- **TuneUp[®] — FREE 30-day Trial program***
Try Jenny Craig for 30 days! Then you can upgrade using your Blue Cross and Blue Shield discount to one of the programs described below.
- **OnTrack[®] — 50% off the 6-month (Gold) or 1-year (Platinum) programs***
This program is designed to help you get back and stay OnTrack with consistent, healthy eating and physical activity. It gives you one-on-one support to create your own healthy living plan.
- **Jenny Rewards[®] — 20% off the 1-year program***
With this program, food discounts will increase from 10-35 percent throughout the year, based on active participation.**

How to register

1. Log onto the Oklahoma member Website at www.bcbsok.com/members.
2. Click the **Discount Programs** tab on the left, and then click on **Jenny Craig**.
3. Fill out the Jenny Craig registration form and click **SUBMIT**.
4. Print the special offer coupon and bring it along with your BCBSOK ID card to your local Jenny Craig Centre.

To find the nearest Jenny Craig Centre*** log onto www.jennycraig.com or call (800) 597-Jenny (5366). Be sure to identify yourself as a BCBSOK member.

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

* Plus the cost of food. Discounts apply to joining fee only. Offer good at participating centres only. Subject to change.
** Based on active participation only.
*** Franchisee participation and discounts may vary.

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 Jenny Craig 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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