

Blue ExtrasSM

To use **BlueExtras**, simply show your BCBSOK ID card to a participating provider to receive the special offer.



**BlueCross BlueShield
of Oklahoma**

Experience. Wellness. Everywhere.™

Money-Saving Program



Through the BlueExtras program, all Blue Cross and Blue Shield of Oklahoma (BCBSOK) members are eligible to save money on health care products and services that help support healthy lifestyles. These savings are for health care products and services not usually covered by your health care benefit plan. There are no claims to file, no referrals or pre-authorizations, and no additional fees to participate – it's just one more advantage of being a BCBSOK member.

For additional information about the products and services offered through BlueExtras, log in to Blue Access® for Members (BAM) at www.bcbsok.com. Click the **My Health** tab, and then the **BlueExtras Discount Program** link.

Curves

www.curves.com (800) CURVES-30 (800-287-8373)

Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through resistance equipment. Curves has made exercise available to more than four million women, many of whom are in the gym for the first time.

Jenny Craig

www.jennycraig.com/corporatechannel/bcbsok.aspx
(800) 96-JENNY (800-965-3669)

The Jenny Craig Program is a long-term solution for weight loss and healthy weight management that teaches you how to create a healthy relationship with food, build an active lifestyle and develop a balanced approach to living. Each program includes weekly, one-on-one consultations with a personal consultant at a Jenny Craig Centre or over the phone with Jenny Direct, the at-home program. The choice is yours! To download your special offer coupon, log in to BAM.

GlobalFit

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.

Complementary Alternative Medicine

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 BCBSOK member, you're automatically eligible to receive up to 30 percent off standard fees through the Healthways WholeHealth network of more than 35,000 practitioners, spas, and wellness and fitness centers. You can access the www.wholehealthmd.com Web site to search for a network practitioner, by logging in to BAM.

Safe Beginnings

www.bcbsok.com/discountPrograms.html (800) 598-8911

Receive 15 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.



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BlueExtras gives members and covered dependents access to savings on a variety of health care and wellness products and services.

Davis Vision

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. For a list of Davis Vision providers near you, visit www.davisvision.com, click on **Members** and then enter **Control Code 4472** in the Open Enrollment/Discount Plan box.

TruVision

www.truvision.com (877) 654-2020

Davis Vision is pleased to provide you and your eligible dependents with the opportunity to receive discounts on laser vision correction services through the TLC/TruVision network.

TruHearing

www.truhearing.com (800) 687-4613

Save on digital hearing aids through TruHearing. Get a hearing test at no additional charge by a licensed hearing specialist when performed for the purpose of fitting a hearing aid. Enjoy a 45-day, money-back guarantee, a three-year warranty, a one-year supply of batteries with purchase and a selection of hearing aid styles at various price levels.

Beltone

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.

GHS

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.

SafeTech

www.bcbsok.com/discountPrograms.html

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

To learn more about these offers, log in to Blue Access for Members at www.bcbsok.com.

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

Healthways WholeHealth Networks, Inc. ("Healthways") is an independent contractor which administers the Complementary Alternative Medicine discount program for BCBSOK.

BlueExtras is a discount program available to BCBSOK members. 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 calendar year or lifetime maximums and/or plan deductibles. 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. BCBSOK reserves the right to discontinue or change this discount program at any time without notice.

www.bcbsok.com