

## Discounts and more for Blue Cross and Blue Shield of Florida, Inc. and Health Options, Inc. members.

As part of our ongoing commitment to bringing expanded choices and greater value to your health plan, we are pleased to offer a program of discounted products and value-added services called BlueComplements.

BlueComplements is available to you automatically as a plan member at no additional premium cost. And you can access the services throughout Florida and, where available, nationwide. This program includes:

**Healthy Alternatives<sup>SM2</sup>: Discounts on alternative care.** Enjoy discounts on thousands of alternative medicine products and provider services through this complementary alternative medicine discount program provided by American Specialty Health Networks, Inc<sup>1</sup>. (ASH Networks). Receive discounts of up to 25% on the customary fees for acupuncture, chiropractic and massage therapy. You'll also receive up to 45% discounts and free standard shipping on vitamins, herbal supplements, sports nutrition remedies, fitness products, yoga, pilates, health-related books, tapes and videos, and more when visiting "My Store" at the Healthyroads website.

In order to take advantage of the discounted wellness product offerings, you may call ASH Networks toll-free at 1-877-335-2746 to order products or request a free catalog.

<sup>1</sup>Healthy Alternatives is administered by ASH Networks which has been awarded full accreditation by URAC.

### **Vision One<sup>®</sup>: Discounts<sup>2</sup> on vision care.**

Receive comprehensive vision care with significant savings on eye exams and eyewear. Members pay \$40 for eyeglass exams and receive up to 40% off retail prices for frames and lenses. Offered through EyeMed Vision Care.

Visit participating optical departments at LensCrafters<sup>®</sup>, Target Optical<sup>®</sup>, Sears Optical<sup>®</sup>, JCPenney Optical<sup>®</sup> and most Pearle Vision<sup>®</sup> locations. To locate participating providers, please call EyeMed Vision Care's toll-free number for members of Blue Cross and Blue Shield of Florida (BCBSF) at 1-800-793-8622.

### **HEARx and the HearUSA Hearing Care Network<sup>2</sup>: Discounts on hearing products.**

Explore the possibilities—new products and hearing care services are available from HEARx and HearUSA your qualified hearing care provider. You should hear what you are missing! BCBSF members receive free hearing screenings — a savings of 25% off the retail price of any hearing aid purchased at a HEARx or HCNetwork location, or special promotional prices that provide even greater savings.

Take the first step to better hearing. Since this is a discount program through HEARx, it is not a benefit of your health care plan. Call HEARx toll-free at 1-800-333-3389.

### **TruVision<sup>TM2</sup>: Laser vision correction services.**

Traditional LASIK - \$895 / eye  
Custom LASIK - \$1,295 / eye  
Why pay more than you have to? Affordable laser vision correction services are offered through TruVision<sup>TM</sup>, with surgeons across the country credentialed in refractive surgery. In addition to the low price, TruVision also offers 100% patient financing upon approved credit.

For more information, call toll-free 1-877-747-2020 to schedule a pre-operative exam or to receive a free telephone screening to determine if you are a good candidate for LASIK or Custom LASIK.

### **TruVision<sup>TM2</sup>: Contact Lens Mail Order Service.**

Receive some of the largest discounts available on contact lenses. Prices on average are 15% lower than other national contact lens mail-order programs. Includes free shipping to your home in five to seven days.

Blue Cross and Blue Shield of Florida (BCBSF) members pay no additional premiums for this program. For more information or to place an order, call toll-free 1-877-747-2020.

### **GlobalFit<sup>TM2</sup>: Discounted fitness club memberships.**

The GlobalFit Fitness Program offers low monthly rates – up to 60% off regular club dues – at over 1500+ participating fitness clubs nationwide. When you join GlobalFit, you can enjoy month-to-month memberships with no long-term contracts, transfer options to any participating club and more. A one-time enrollment fee will apply.

### **Jenny Craig<sup>®2</sup>: Weight management discounts.**

BCBSF members who enroll with Jenny Craig will receive up to 50%<sup>‡</sup> off Jenny Craig's weight loss management program. All Jenny Craig programs are personalized and offer one-on-one support by trained consultants. An easy at-home program is also available (Jenny Direct). Jenny Direct offers the same great tools and personal support as Jenny Craig Centres, with the added convenience of having Jenny's Cuisine and program materials delivered directly to your home.

Visit Jenny Craig from our website to print your personalized discount coupon or call 1-800-597-JENNY to find the nearest Centre or to learn more about Jenny Direct.

<sup>‡</sup>Plus the cost of food

### **YMCA of Florida's First Coast<sup>2</sup>: Family health and wellness center.**

Take advantage of the many fun and healthy events happening at your First Coast YMCA. When you join a YMCA in Clay, Baker, Duval, Nassau or St. John's County, the joining fee will be waived and you will receive one complimentary YMCA session course (such as aquatics or personal training).

With programs throughout the year including, youth and adult sports leagues, wellness programs, day camps, health screenings and child care options, the YMCA provides the perfect opportunity for you and your family to build a closer relationship while also having fun! The YMCA of Florida's First Coast is proud to offer programs that build strong kids, strong families and strong communities. Call 1-888-524-9622 to locate the nearest Florida's First Coast YMCA.

### **TruHearing<sup>TM2</sup>: Discounts on hearing care and products.**

If you or a loved one can benefit from hearing aids, TruHearing offers discounts on state-of-the-art, 100% digital hearing aids. TruHearing offers discounts to BCBSF members and their covered dependents. TruHearing offers up to 60% off the MSRP and all hearing aids come standard with a two-year warranty, as well as a money back guarantee. For more information, call toll-free 1-800-530-9561.

**To take advantage of any of these services, just log on to [www.bcbsfl.com](http://www.bcbsfl.com) and log into MyBlueService and click on Member Resources.**

<sup>2</sup>The products, services and information provided through the BlueComplements program are made available as a courtesy to our members and are not a part of insurance coverage, nor a substitute for medical advice. Please note: Your insurance coverage may already include benefits for some of the services available to you through BlueComplements, so it is important to exhaust those benefits first. Blue Cross and Blue Shield of Florida reserves the right to discontinue or change this program at any time without notice. Blue Cross and Blue Shield of Florida does not endorse and is not responsible for the products, services or information provided by the vendors that are a part of the BlueComplements program.