

wellness discount programs

Your wellness is important to us. To make it easier for you to take better care of yourself, we offer a wide range of member discounts on popular programs¹ that can help you save money and get healthier.

Weight Watchers

Save while you lose those extra pounds and keep them off. Choose the one that best suits your specific lifestyle and preference.

- Online savings – Special rates on 3- and 12-month subscriptions; waived registration fee
- At-home kits – \$10 off standard rates for each kit
- Meeting vouchers – Special member prices for 13- and 18-week local meetings
- Premium extras – Complimentary walking kits and exercise DVDs

	With special price, you pay
13-week Local Meeting vouchers*	\$119.86
18-week Local Meeting vouchers*	\$165.96
At-home kit†	\$179.00
3-month Online Subscription‡	\$ 55.00
12-month Online Subscription‡	\$166.70

* Available only in participating areas in the United States
Total cost must be paid in advance. Missed-week fees must be paid in order to keep your Weight Watchers membership current. You will need to re-enroll after 4 consecutive absences. Sales tax applicable in Connecticut.

† Available only in participating areas in the U.S.

‡ Your subscription to Weight Watchers will be automatically renewed at the end of your plan period at the standard monthly rate (currently \$16.95) unless you cancel. You can cancel your Weight Watcher subscription on our site, by e-mail, or by U.S. mail; please see www.weightwatchers.com/cancel for details. Void where prohibited. This offer cannot be transferred, combined with other offers, or redeemed for cash.

24 Hour Fitness

Waived/discounted fees make it easier to get in shape and stay fit. This discount program is offered through Blue Shield of California. Just go to any 24 Hour Fitness facility and present your Blue Shield member ID card to receive your discount.

	One Club Sport	All Club Sport	One Club Super Sport	All Club Super Sport
Member monthly dues and initiation fee	\$29.99 initiation fee; \$29.99 dues/month	\$34.99 initiation fee; \$34.99 dues/month	\$44.99 initiation fee; \$44.99 dues/month	\$44.99 initiation fee; \$44.99 dues/month
Waived fees	\$0 enrollment and processing fee	\$0 enrollment and processing fee	\$0 enrollment and processing fee	\$0 enrollment and processing fee
Family add-ons**	Same rates and waived fees apply	Same rates and waived fees apply	Same rates and waived fees apply	Same rates and waived fees apply

** Family members must live at same address. Maximum of 2 adults over 18 years of age, including yourself. Add on all of your children ages 12 to 17 (maximum 8 children).

drugstore.com

Pay less when you shop for health and wellness products at **drugstore.com**.

- 5% off nonprescription drugs
- 15% off drugstore.com natural daily vitamins packs and supplements
- 15% off contact lenses for first-time customers; 5% off subsequent orders
- 5% back in rewards for every purchase made (when you join the drugstore.com dollars program)

Alternative care

Relax and save on wellness services from participating practitioners.

- Acupuncture services – 25% or more off usual and customary fees
- Massage therapy – 25% or more off usual and customary fees
- Chiropractic services – 25% or more off usual and customary fees
- Health and wellness products – Discounts on vitamins, herbal supplements, fitness equipment, and more; free shipping on most items

Vision services

See better and spend less on Vision care – get 20% off the published retail prices when you use a participating California provider in the Discount Vision Program network for:

- Routine eye exams
- Frames and lenses (including photochromic)
- Tints and coatings
- Extra pair of glasses
- Non-prescription sunglasses

LASIK – Get a 15% discount on LASIK laser vision correction surgery through the TLCVision provider network in California.

For more information

If you have questions, call Blue Shield Member Services at **(800) 642-6155**. Current members can access information online by going to **blueshieldca.com**. Just register, or log in using your existing username and password and select *Health & Wellness*. Click on *Professional Help* and then, select *Wellness Discount Programs*. New members can access online information after the plan effective date.

¹ These discount program services are not a covered benefit of Blue Shield plans, and none of the terms or conditions of Blue Shield plans applies.

The network of practitioners and facilities in the discount programs are managed by the external program administrators identified below, including any screening and credentialing of providers. Blue Shield does not review the services provided by discount program providers for medical necessity or efficacy. Nor does Blue Shield make any recommendations, representations, claims, or guarantees regarding the practitioners, their availability, fees, services, or products.

Some services offered through the discount program may already be included as part of the Blue Shield plan covered benefits. Members should access those covered services prior to using the discount program.

Members who are not satisfied with products or services received from the discount program may use Blue Shield's grievance process described in the Grievance Process section of the *Evidence of Coverage* or *Certificate of Insurance/policy*. Blue Shield reserves the right to terminate this program at any time without notice.

Discount programs administered by or arranged through the following independent companies:

- Alternative Health Services Discount Program – American Specialty Health Networks of California Inc. (ASH Networks)
- Vision program – MESVision
- Weight control – Weight Watchers North America
- Fitness facilities – 24 Hour Fitness
- Health products (excluding prescription drugs) – drugstore.com inc.
- LASIK – Laser Eye Care of California LLC