

be healthy and save

To help you save money while you're working on your health, we offer member discounts on popular weight loss, fitness, health and wellness, and vision programs.¹ The discounts are available to all members who have a Blue Shield medical, dental, vision, or life² insurance plan.

Diet and exercise

24 Hour Fitness

Waived/discounted fees make it easier to get in shape and stay healthy.

- Waived enrollment, processing, and initiation fees
- Discounted monthly dues – as low as \$24.99 a month

ClubSport and Renaissance ClubSport

Get fit and save a bundle.

- 60% discount on enrollment when joining with a month-to-month agreement
- \$0 enrollment fee when joining with a 12-month agreement (there is a one-time \$25 processing fee when you enroll)
- Two complimentary personal training sessions for each new member (a \$150 value)
- Three hours of complimentary childcare with a family membership

Weight Watchers

Save while you lose those extra pounds and keep them off.

- Online savings – Special rates on three- and 12-month subscriptions
- Monthly pass – Special rates for unlimited local meetings each month, plus free eTools
- At-home kits – Special member pricing of \$124.90 for each kit

Health and wellness

Alternative Care Discount Program

Relax and save on alternative healthcare services from participating American Specialty Health Networks' practitioners.

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

Discount Vision Programs

Discount Provider Network³

All Blue Shield members can save 20% on the following services and materials at participating providers whether or not you have vision care benefits through Blue Shield. Access participating providers on the [Find a Provider](#) page at blueshieldca.com/fap.

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

Discount Vision Program (continued)

MESVision Optics

MESVisionOptics.com features competitive prices on many contact lens brands⁴ as well as a selection of sunglasses, reading glasses, and eye care accessories.

- Anyone can order discounted contact lenses, sunglasses, readers, and accessories. Blue Shield vision plan members can apply their eligible benefits to reduce their out-of-pocket cost for contact lenses.
- MESVision Optics stocks all major brands and types of contact lenses at a reduced price from other online retail sellers.
- Every lens is shipped in safe, sealed containers and is guaranteed to be the exact lens prescribed by your doctor.
- Free shipping is available for all orders over \$50.00.
- Visit www.MESVisionOptics.com.

QualSight LASIK

Save on LASIK surgery at more than 45 surgery centers in California.

- Members in California saved an average of \$1,200 per LASIK surgery and over \$800 on procedures such as Custom Bladeless (all-laser) LASIK in 2012.
- Services include pre-screening, a pre-operative exam, and post-operative visits.
- Call (877) 437-6110 to find out if you are a potential candidate for this life-changing procedure today or visit our website at www.qualsight.com/-lasikca.

NVISION Laser Eye Centers

As a Blue Shield of California member, you are entitled to a 15% discount from NVISION Laser Eye Centers.

- NVISION Laser Eye Centers has some of the most experienced surgeons in the world, with offices in Southern California and Sacramento.
- Use your flexible spending account or ask about affordable financing options.
- Call NVISION at (877) 91 NVISION, or (877) 916-8474, or go online to www.NVISIONcenters.com to find a provider or learn more about whether LASIK is right for you.

Learn more

For details, go to blueshieldca.com/wellnessdiscounts.

¹ These discount program services are not a covered benefit of Blue Shield health plans, and none of the terms or conditions of Blue Shield health plans apply. Discount program services are available to all members with a Blue Shield medical, dental, vision, or life insurance plan.

The networks 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 Care Discount Program – American Specialty Health Systems, Inc. and American Specialty Health Networks, Inc.
- Discount Provider Network and MESVisionOptics.com – MESVision
- Weight control – Weight Watchers North America
- Fitness facilities – 24 Hour Fitness, ClubSport, and Renaissance ClubSport
- LASIK – Laser Eye Care of California, LLC; QualSight, Inc.; and NVISION Laser Eye Centers

Note: No genetic information, including family medical history, is gathered, shared, or used from these programs.

² Underwritten by Blue Shield of California Life & Health Insurance Company (Blue Shield Life).

³ The Discount Provider Network is available throughout California. Coverage in other states may be limited.

⁴ Requires a prescription from your doctor or licensed optical professional.