



**BlueCross BlueShield  
of Texas**

*Experience. Wellness. Everywhere.™*

# BlueExtras<sup>SM</sup>

## More ways to save money with your member ID card

Through the **BlueExtras** discount program, all Blue Cross and Blue Shield of Texas (BCBSTX) members are eligible to save money on value-added health care products and services that help support healthy lifestyles. These discounts 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 benefit of being a BCBSTX member.

To use BlueExtras, simply show your BCBSTX ID card to a BlueExtras provider to receive your discount.

For additional information about the products and services offered through BlueExtras, log into **Blue Access® for Members (BAM)** at [www.bcbstx.com](http://www.bcbstx.com). Click on the **My Health** tab, and then the **BlueExtras Discount Program** link.



## Complementary Alternative Medicine

[www.bcbstx.com/member](http://www.bcbstx.com/member)  
(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 BCBSTX member, you're automatically eligible to receive up to 30 percent off standard fees through a national network of more than 35,000 practitioners, spas, wellness and fitness centers.

You're also eligible to receive discounts on vitamins, herbal supplements, and health and wellness magazines. To learn more about CAM discounts, log into **BAM**.



## Jenny Craig

[www.jennycraig.com](http://www.jennycraig.com)  
(800) 96-JENNY (800-965-3669)

Jenny Craig is a long-term food/body/mind solution that can help you manage your weight by teaching you how to create a healthy relationship with food, build an active lifestyle and develop a balanced approach to living. You have the option to choose the right program for your lifestyle by conducting your weekly consultations at a Jenny Craig Centre or over the phone with Jenny

Direct — the at-home program. It's up to you! To learn more about the Jenny Craig discount and to download your discount coupon, log into **BAM**.



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## Curves

[www.curves.com](http://www.curves.com)  
(800) CURVES-30 (800-287-8373)

Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective resistance equipment. Curves has made exercise available to more than four million women, many of whom are in the gym for the first time. To learn more about the Curves discount, log into [BAM](#).



## TruHearing

[www.truhearing.com](http://www.truhearing.com)  
(800) 687-4796

Save on digital hearing aids through TruHearing. Get a free hearing test by a licensed hearing specialist when performed for the purpose of a fitting for a hearing aid. Enjoy a 45-day money back guarantee, a three-year warranty, a one-year supply of batteries and a selection of hearing aid styles at various price levels. To learn more about the TruHearing discount, log into [BAM](#).



## Davis Vision

[www.davisvision.com](http://www.davisvision.com)  
(800) 501-1459

Save on eyeglasses (frames and lenses), as well as contact lenses, laser vision correction services, examinations and accessories through one of the nation's leading providers of routine vision care programs. The Davis Vision network consists of major national and regional retail locations, such as Eyemasters and Visionworks, as well as independent ophthalmologists and optometrists. To learn more about the Davis Vision discount, log into [BAM](#).

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

BlueExtras is a discount program available to BCBSTX members. This is NOT insurance. 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 plan deductible, calendar year or lifetime maximums. Discounts are only available through participating vendors.

BCBSTX 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. Services and products are subject to availability by location. BCBSTX reserves the right to discontinue or change this discount program at any time without notice.

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[www.bcbstx.com](http://www.bcbstx.com)

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