

Be healthy and save



To help you save money while you're working on meeting your health and fitness goals, we offer preferred pricing and discounts on popular programs.¹ These are available to all members who have a Blue Shield of California medical plan, dental plan, vision plan, or life insurance plan.²

Health and wellness

Fitness and exercise

Get healthy and feel good on your own terms with Fitness Your Way™. The gym membership program, available through Tivity Health™, offers special rates to Blue Shield members. You and your dependents who are age 18 and older are eligible.

- Work out at any facility within a wide network of more than 800 locations in California and 10,000+ locations nationwide.
- Meet your lifestyle needs by working out anytime, anywhere, and as often as you need while tracking progress of your goals online.
- If you are a Medicare-eligible member, you have access to gyms and fitness classes with coverage provided by the SilverSneakers® fitness program.

To enroll, visit fitnessyourway.tivityhealth.com/bsc or call **(833) 283-8387**. To find locations, visit fitnessyourway.tivityhealth.com/locations.

Weight management programs

Lose those extra pounds and keep them off through nationally recognized diet and lifestyle change programs.

- Enroll at no additional charge through our Wellvolution® Diabetes Prevention Program. See if you qualify at solera4me.com/shield.

Alternative care

Alternative Care Discount Program

Get 25% savings on acupuncture, chiropractic, and therapeutic massage services from practitioners in the ChooseHealthy® program. Simply show your Blue Shield member ID card at your appointment with a participating practitioner to get your discount.

Visit blueshieldca.com/wellnessdiscounts for program details.

Healthy living discounts

Health and wellness products

Browse and purchase a broad selection of health improvement and wellness products, fulfilled by an e-retail site.

Visit blueshieldca.com/wellnessdiscounts for program details.

Discount Hearing Program

Hearing aid discounts

Save 30% to 60% off manufacturers' suggested retail prices on major brands through EPIC Hearing Healthcare.

To learn more, call EPIC at (866) 956-5400 or visit epichearing.com.

Vision discounts

Discount Provider Network³

Save 20% on the following services and materials at participating providers whether or not you have vision care benefits through Blue Shield:

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

Access participating providers at blueshieldca.com/find-a-doctor.

MESVision Optics

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

Learn more at MESVisionOptics.com.

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 plan, dental plan, vision plan, 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 practitioners. 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 – services provided by the ChooseHealthy program, made available through ChooseHealthy, Inc., a subsidiary of American Specialty Health Incorporated (ASH)*
- Discount Provider Network and MESVisionOptics.com – MESVision
- Fitness Your Way – Tivity Health, Inc.
- QualSight, LLC and NVISION Laser Eye Centers

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.

* The Alternative Care Discount Program is available to members with a Blue Shield medical plan. You are obligated to pay participating healthcare providers directly for the discounted services. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change. Please consult the ChooseHealthy website for current availability. ChooseHealthy is a federal registered trademark of ASH and used with permission herein.

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Tivity Health discounts are not a covered benefit of Blue Shield health plans, and none of the terms or conditions of Blue Shield health plans apply. Tivity Health discounts are available to all members with a Blue Shield medical plan, dental plan, vision plan, or life insurance plan. The network of Tivity Health providers and facilities in this program is managed outside of Blue Shield of California. Blue Shield does not review the services provided by Tivity Health, nor does Blue Shield make any recommendations, representations, claims, or guarantees regarding the providers, their availability, fees, services, or products.

The Diabetes Prevention Program is provided by Solera Health, an independent company.

Fitness your way is a trademark of Tivity Health, Inc.

Wellvolution is a registered trademark of Blue Shield of California.

QualSight LASIK

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

Services include:

- Pre-screening
- Pre-operative exam
- Post-operative visits

To find out if you are a potential candidate, call **(877) 437-6110** or visit qualsight.com/-lasikca.

NVISION Laser Eye Centers

Get a 15% discount for services from NVISION Laser Eye Centers with offices in Southern California and Sacramento.

You can use your flexible spending account or take advantage of affordable financing options.

To learn more, call NVISION at **(877) 91 NVISION** or **(877) 916-8474**, or visit NVISIONcenters.com to find a provider.

Learn more

See all the ways you can save money and take better care of yourself at blueshieldca.com/wellnessdiscounts.