



BlueCross BlueShield  
of Oklahoma



# BlueExtras<sup>SM</sup>

## Money-Saving Program

The BlueExtras program is just one more advantage of being a Blue Cross and Blue Shield of Oklahoma (BCBSOK) member. With BlueExtras, you can save money on health care products and services that are most often not covered by your benefit plan. There are no claims to file and no referrals or pre-authorizations.

### Complementary Alternative Medicine (866) 656-6069

Complementary Alternative Medicine includes a number of treatments that may help improve your health. You can automatically get up to 30 percent off standard fees through the Healthways WholeHealthMD network of more than 35,000 practitioners, spas, and wellness and fitness centers.

## BlueExtras

offers members and covered dependents access to savings on a number of health care and wellness products and services.

Simply show your BCBSOK ID card to a provider who takes part in these special offers. Members can learn more by logging in to Blue Access for Members<sup>SM</sup> (BAM) at [bcbsok.com](http://bcbsok.com).

### Davis Vision<sup>SM</sup> (877) 393-8844

### TruVision (877) 882-2020

Save on eyeglasses, as well as contact lenses, laser vision correction services, examinations and accessories. Members can find out more by logging in to BAM. For a list of Davis Vision providers near you, go to [bcbsok.com](http://bcbsok.com), click *Find a Doctor*, then select *Find a Vision Provider*. The Davis Vision network consists of major national and regional retail locations as well as independent ophthalmologists and optometrists. You and your eligible dependents can receive discounts on laser vision correction services through the TLC/TruVision network.

### Jenny Craig<sup>®</sup> (877) JENNY70 (877-536-6970)

Jenny Craig can help you reach your weight loss goals. You will get one-on-one support given by a trained weight loss expert. Your consultant will give you a tailored program based on the essential components of successful weight management: food, body, mind. You can meet with your consultant in person at a local center. Or you can enjoy the ease of the Jenny Craig At Home program. Members can get a special savings coupon by logging in to BAM.

[bcbsok.com](http://bcbsok.com)



For more facts about BlueExtras, members can log in to Blue Access for Members at **[bcbsok.com](http://bcbsok.com)**. Click the **My Health** tab and then the **BlueExtras** link.

### Life Time® Fitness\*

Life Time Fitness offers a total health fitness experience no matter your fitness level, interests, schedule or budget. Members can log in to BAM to access the Life Time Fitness website and find a free, seven-day pass to try out the nearest location.

### Procter & Gamble (P&G) Dental Products

(877) 333-0121

Get savings on dental packages containing the latest in Oral B® power toothbrushes and Crest® products. The dental packages from P&G can help you improve the health of your teeth and gums. Packages may contain items such as an electronic toothbrush, mouth rinse, floss and many more. Members can log in to BAM and access the P&G estore link to shop.

### Seattle Sutton's Healthy Eating®

(800) 442-DIET (800-442-3438)

These freshly prepared, calorie-controlled meals are designed to help with weight loss and managing certain health problems. Depending on your location, you can have Seattle Sutton's Healthy Eating bring your food to you or you can pick up your meals. Members can log in to BAM for more details and to access the Seattle Sutton's Healthy Eating website.

### TruHearing®

(800) 687-4617

Save on digital hearing aids through TruHearing. Get a hearing test at no extra charge when performed to fit a hearing aid. Enjoy a 45-day, money-back guarantee and a three-year warranty. Also get a choice of hearing aid styles at a number of price levels and enough batteries to last a year when you buy a hearing aid. Members can learn more by logging into BAM.

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

\* Proof of Blue Cross and Blue Shield of Oklahoma coverage is needed. A \$35 administrative fee applies to all memberships. Monthly dues and taxes may also apply. Members' prices, dues and fees may change at any time.

BlueExtras is a discount program only for BCBSOK members. Some of the services offered through BlueExtras may be covered under your health insurance plan. Please check your benefit booklet or call the customer service number on the back of your ID card for specific benefit facts. Use of BlueExtras does not change your monthly payment, nor do costs of BlueExtras' services or products count toward any maximums and/or plan deductibles. Discounts are given only through vendors who take part in this program. BCBSOK does not guarantee or make any claims or recommendations about the BlueExtras services or products. You may want to talk to your doctor before using these services and products. BCBSOK reserves the right to stop or change this program at any time without notice.

**[bcbsok.com](http://bcbsok.com)**