

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.

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.

Alternative care

Alternative care discount

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.

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**.

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 discounts – 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 discounts are 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. 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.

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

blueshieldca.com



Experience fitness in a whole different way



Fitness Your Way[®] is your flexible, no-excuses fitness discount program brought to you by Blue Shield of California.

Enroll¹ in one of our flexible **gym packages** to work out at multiple gyms² where you live, work and travel, and take **virtual classes**.



Gym packages

- Starting at just \$19 a month³ and a one-time enrollment fee of \$19⁴
- Access to thousands of gyms² nationwide with no long-term contracts
- Freedom to join as many gyms as you want
- All digital content included

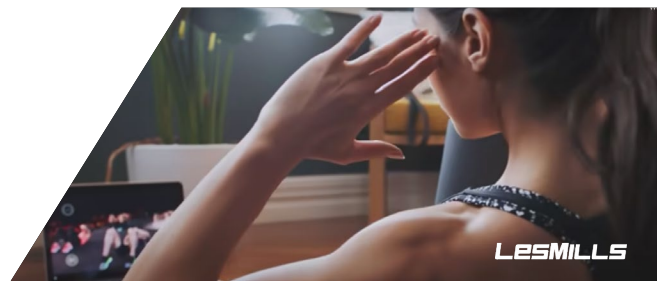


At-home workouts

- Access to BurnAlong and LES MILLS⁵
- On-Demand videos available 24/7, from cycle classes to high-intensity workouts
- Live virtual classes including cardio, boot camps, barre, yoga and so much more
- Digital-only package also available³

Join Fitness Your Way now.

- Go to fitnessyourway.tivityhealth.com/bsc to enroll in your preferred gym package and get your member ID number.
- Find participating gyms by clicking "Locations" at fitnessyourway.tivityhealth.com/bsc.
- Take your ID number to your preferred gym.
- Sign the gym's waiver, get your gym key fob and start working out.



"Fitness Your Way is convenient, reasonably priced and a fantastic program." – Irene B.

Always talk with your doctor before starting an exercise program.

1. Offer available to members 18 and over who have benefits with a participating Blue Cross Blue Shield health care plan.
2. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles member to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location.
3. For pricing information visit <https://fitnessyourway.tivityhealth.com/bsc>. Limitations apply. See Program Agreement for details.
4. Fitness Your Way enrollment fee is \$19 plus applicable sales tax.
5. Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Services subject to terms and conditions of such third-party provider. Check with the provider for details.

Blue Shield of California is an independent member of the Blue Shield Association. 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, dental, vision, or life insurance plan. The network of Tivity Health providers and facilities in this program are 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.

Tivity Health Services, LLC is an independent vendor that provides solutions to improve health and well-being. Fitness Your Way and Tivity Health are registered trademarks of Tivity Health, Inc. The Fitness Your Way logotype is a trademark of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. A51373-NO-SS / BSFW2687_1221

LifeReferrals 24/7

Experts to help you handle life

Everyone can use a hand sometimes. LifeReferrals 24/7SM offers convenient and confidential support to help you meet life's challenges. A simple phone call connects you with a team of experienced professionals ready to help you with a wide range of personal, family, and work issues.

LifeReferrals 24/7 is available 24/7/365 for no copayment or extra cost.* You will be guided to the appropriate service based on your needs:

Personal counseling

For matters like relationship problems, stress, and grief, you can request face-to-face sessions with licensed therapists.

Three face-to-face counseling visits are included in any six-month period.

Legal assistance

Request consultations for legal matters such as trusts, wills, divorce, child custody, landlord and tenant issues, consumer disputes, and personal injury.†

- You're eligible for one consultation up to 60 minutes in duration per separate issue, per year on the phone or in person with an attorney or mediator.
- Receive a preferred discount rate of 25% or greater off the hourly fee, based on the types of services you use, after the first consult.
- Online tools and educational resources are available, including sample legal forms and templates on a variety of topics.

Financial coaching

Request consultations with financial professionals for topics such as tax preparation, college and retirement planning, budgeting, debt and credit, and loans and mortgages.

- You're eligible for two 30-minute telephone consultations per separate issue, per year.
- Discounted fees apply if you elect to continue working with a financial coach beyond the initial consultations.
- Online tools and educational resources are available, including easy-to-use calculators for home and personal financing, investments, and retirement.

Identity theft resolution

- You're eligible for a 60-minute telephone consultation with a highly-trained Fraud Resolution SpecialistTM (FRS). An FRS can help restore identity and credit, dispute fraudulent debts, and prevent future identity theft instances.
- Free ID Theft Emergency Response KitSM.

Referrals to community resources‡

A specialist can provide useful information and referrals to a wide range of resources including:

- Parenting resources
- Child and elder care
- Meal programs
- Transportation help
- Lifelong learning

Call LifeReferrals 24/7 toll-free, anytime, at **(800) 985-2405**.
Or, visit **lifereferrals.com** and enter the access code: **bsc**.

* Some services may not be available to all Blue Shield members; check your plan *Evidence of Coverage* or *Certificate of Insurance*, or call the customer service number on your Blue Shield member ID card to see what your plan offers.

† Legal consults involving disputes with your employer (or other work-related issues) are excluded.

‡ Any costs associated with using the community resources are the responsibility of the member.



WELLVOLUTION NOW INCLUDES MENTAL HEALTH SUPPORT VIA GINGER

On demand mental health
support day or night.



ginger

Easy access to care - no matter where you are, when you need it, or what you're going through. Ginger offers on-demand, confidential mental healthcare through coaching and self-guided activities. Need to chat on the weekend? or at 3am on a holiday? Ginger is around 24/7/365. Ginger goes where your smartphone goes.

- **70% of members see an improvement within 12-16 weeks**
- **Real-time behavioral health coaching within seconds**
- **In-app content including mental health tips and resources**
- **Video therapy & psychiatry sessions within days**
(Available for a co-pay as stated in your health plan coverage. Please contact Blue Shield of California for details.)

For more information go to www.wellvolution.com/mentalhealth

Blue Shield of California is an independent member of the Blue Shield Association. Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc.

Take charge of your health with Wellvolution from Blue Shield of California

Introducing headspace

Blue Shield of California members can now access the full premium version of the Headspace app at no additional cost.



As the world's most science-backed meditation app, Headspace can help you reduce stress, increase resilience, and get a better night's rest. By dedicating just a few minutes a day you can join 70 million Headspace members worldwide using meditation to improve mental well-being.

Headspace is available to all Blue Shield of California members eligible for Wellvolution® who are 18 years of age or over.

The app includes:



1,000+ hours of exercises to help you live your whole day mindfully.



Over 500 Guided meditations on topics like stress, self-esteem, and resilience.



Sleepcasts, music, and bedtime audio for restful nights.

Change your health, change your life. Visit www.wellvolution.com/mentalhealth to get started today.

Connecting members to healthier eating

Blue Shield is excited to offer the Healthy Savings[®] program to active [Trio HMO members](#).*



Healthy Savings is a program designed to help you eat a healthier diet and get discounts on items like milk, whole-grain bread, lean meat, eggs, fruit, vegetables, and more.

How it works

As an active member, you will automatically be enrolled in the program and receive a membership card in the mail. Just scan your Healthy Savings card or app at the checkout counter of a participating grocery store and instantly receive discounts on eligible healthy foods. That's it!

Once you register at blueshieldca.com/HealthySavings, you can log in to your account to view your discounts and see participating grocery stores.

- Healthy Savings is included with your plan and offered at no additional cost
- Potential savings of up to \$50 each week
- Over 22,000 participating retail stores across the United States, including Walmart, Safeway, Vons, Ralphs, Pak 'N Save, Food4Less and all stores under the Albertsons and Kroger banners
- New items are eligible for promotion each week



Download the Healthy Savings app so you can have your Healthy Savings card with you anytime, customize grocery lists, search for participating grocery stores near you, and much more. Available on the App Store[®] and Google Play[™].

* Available to Trio HMO members upon their 2020 effective date or renewal. Certain terms and conditions apply.

† The Healthy Savings program is only available to eligible Trio or Tandem subscribers. Dependents are not eligible for the program. Also, if you are on our Do Not Contact list, you will not be enrolled in the program.

App Store is a service mark of Apple Inc.

Google Play is a trademark of Google LLC.

Healthy Savings is an independent entity that administers services on behalf of Blue Shield of California.