

Blue ExtrasSM



**BlueCross BlueShield
of Texas**

Experience. Wellness. Everywhere.SM

Complementary Alternative Medicine Program



Your Blue Cross and Blue Shield of Texas (BCBSTX) ID card has always been your key to good health, and now it's more valuable than ever.

BlueExtrasSM – our value-added discount program – provides you and your covered dependents access to discounted health-related services typically not covered by your health benefits plan. We're continually enhancing this program, and we're excited to announce the addition of **Complementary Alternative Medicine (CAM)**.

Healthways WholeHealth Networks, Inc. is providing BCBSTX members access to a national network of more than 35,000 practitioners, spas, wellness and fitness centers.

What is CAM?

Complementary Alternative Medicine includes a variety of therapies that may help to improve wellness, prevent illness and address existing symptoms and conditions in conjunction with conventional health care (when applicable).

Through your BCBSTX membership, you're automatically eligible to receive **discounts of up to 30 percent off** services such as yoga, Pilates, massage therapy, acupuncture, Tai Chi, nutritional counseling and more! Also included are discounts to spas, and wellness and fitness centers.

BlueExtras

arranges for members and covered dependents to have access to discounts on a variety of alternative and complementary health care services and products.

Health-Related Information at wholehealthmd.com

As a BCBSTX member, you have access to **wholehealthmd.com** which provides guidance on the potential benefits of integrating alternative medicine with conventional health care. The information is developed by a team of board-certified doctors and specialists, and emphasizes collaboration with traditional health care providers. The site includes:

- A comprehensive reference library with information on chronic conditions, integrative therapies, supplements, foods and more
- Health-related news articles
- "The Healing Kitchen" where you can find food remedies and healthy recipes
- Online directory of participating practitioners

Vitamins and Herbal Supplement Discounts

You're also eligible to purchase vitamins and herbal supplements for up to **25 percent off** the regular price. You can order online through Blue Access[®] for Members (**BAM**) or call **(800) 917-3690**. When placing your order, be sure to provide the customer service agent with your unique code **(AWH-6100)** to receive your discount.

Note: No shipping fees apply when ordering via the Web site. However, there is a \$7 shipping and handling fee if you order by telephone.

www.bcbstx.com



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Healthy Reading Discounts

Discounts of **50 to 80 percent** are available on health and wellness-related magazines. Topics include: massage, yoga, cooking light, fitness, health and vegetarian eating to name a few. There are no automatic renewals. You can order online through **BAM** or call **(800) 959-1676**.

Who is Eligible?

BlueExtras is available to all members of the BCBSTX plan. Just show your BCBSTX ID card at the time of service. **Note:** Your plan may provide benefits for chiropractic, physical, occupational and other therapies, as well as certain registered dietitian services. Please refer to your benefits booklet for specific benefit information under your health plan.

How do CAM Services Work?

- You pay the discounted member rate directly to participating practitioners, spas, wellness and fitness centers.
- There are no referrals, pre-authorizations or claims to file.
- You can change practitioners at any time and there are no annual limits on how many times you can use the discounts. However, you are obligated to any contracts, such as a fitness center membership.

How to Access CAM Services

For additional information, to find locations nearest you, to use wholehealthmd.com, and to order vitamins and magazines, log into BAM at www.bcbstx.com/member. Click on the **My Coverage** tab at the top, and then the **BlueExtras Discount Program** link.

Healthways WholeHealth Networks, Inc. ("Healthways") is an independent contractor which administers the Complementary Alternative Medicine (CAM) discount program for Blue Cross and Blue Shield of Texas (BCBSTX).

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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