

Health & Wellness Discounts

Alternative Therapies and Wellness Services

Options Program

The Options Program opens the door to discounts on a broad range of alternative therapies and wellness services. Options is a free program for CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (collectively, CareFirst) members. Because it's a discount program and not a benefit under your medical plan, you don't need to worry about claim forms, referrals or paperwork. To save, just show your health plan ID card and pay the provider's fee at the time of service.

Want to know what services are available at discounted pricing?

The chart on the next page is a directory of available services. For a more detailed listing, visit www.carefirst.com/options. We're continually adding new services to the program so visit us online for the latest provider list and more information on each provider's discount or service.

Blue365



Blue365 is a program through the Blue Cross and Blue Shield Association that gives you access to even more discounts at no additional cost. Discounts are available in the areas of health and wellness, family care, health-focused financial services, and travel.

Want to know more about what Blue365 has to offer?

Go to www.carefirst.com/options and click on the Blue365 link at the bottom of the page for a list of vendors and resources available or call Member Services at the number on your ID card for more information.



For details on the health and wellness discounts available to you, visit www.carefirst.com/options.

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Options Program Directory

<p>Alternative Therapies & Wellness</p>	<p>Up to 30% discounts on chiropractic care, acupuncture, massage therapy, nutritional counseling, personal training, yoga, guided imagery, spa services and more.</p> <p>Healthways WholeHealth Networks, Inc. (800) 514-6502 http://options.wholehealthmd.com</p>
<p>Eldercare Services</p>	<p>Free referral services to help members find qualified providers through ElderCarelink. You can find information for elders and families including home health care, home support, assisted living, adult day care, long term care, nursing homes, and support groups for caregivers.</p> <p>ElderCarelink (866) 451-5577 www.eldercarelink.com/carefirst</p>
<p>Fitness Centers</p>	<p>Discounts on membership fees, initiation fees and more depending on which fitness network and location you choose.</p> <p>National Fitness Network (800) 811-5454 www.nationalfitnessnetwork.com</p>
<p>Hearing Care</p>	<p>Free screenings, discounts on hearing aids and more.</p> <p>Beltone (800) 235-8663 www.beltone.com</p> <p>TruHearing (877) 587-3937 www.truhearing.com</p>
<p>Laser Vision Correction & Contact Lenses*</p>	<p>Discounts on laser vision correction and 100% patient financing with approved credit.</p> <p>QualSight LASIK (877) 285-2010 www.qualsight.com/-carefirst</p> <p>TruVision (800) 398-7075 www.truvision.com/carefirst/LASIK.htm</p> <p><i>*Also offers discounts on mail-order contact lenses</i></p>
<p>Medical IDs</p>	<p>22% discount on personalized medical ID bracelets and necklaces.</p> <p>American Medical ID (800) 363-5985 www.americanmedical-id.com/extras/carefirst.php</p>
<p>Weight Loss & Management</p>	<p>Nationally recognized weight loss plan discounts.</p> <p>Weight Watchers Online[®] www.weightwatchers.com/cs/cfbcbcs</p> <p>Jenny Craig[®] (800) 96-JENNY www.jennycraig.com/corporatechannel/carefirst.aspx</p>

The Options and Blue365 programs are not offered as an inducement to purchase a policy of insurance from CareFirst. CareFirst does not underwrite these programs because they are not insurance products. No benefits are paid by CareFirst under these programs.



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