



## Save Money on some non-covered services with **BluePerks®**

Whether treating a recurring sports injury, relieving stress or chronic pain, or simply trying to lead a healthier life – more and more people are looking for new ways to treat old problems.

However, some services – such as acupuncture, massage therapy, vitamins, and nutritional counseling – are not covered by the average health plan.

BlueCross BlueShield of Tennessee now makes access to these services less expensive with a new discount program called *BluePerks*.

Created exclusively for BlueCross BlueShield of Tennessee members, *BluePerks* features discounts of up to 50 percent on a wide variety of alternative medical procedures – such as massage therapy, acupuncture and more. Plus, *BluePerks* also includes savings on health and wellness services, such as fitness centers, spas, personal trainers, Tai Chi classes and vitamins.

### Services discounted with *BluePerks* include:

- Acupuncture
- Cosmetic services
- Diet and supplement advisors
- Fitness memberships
- Healthy events and activities
- Health magazine subscriptions
- Holistic physicians/practitioners
- LASIK corrective vision surgery
- Massage therapy
- Mind/Body and relaxation therapy
- Personal trainers
- Spa services
- Vision care products
- Vitamins
- Weight loss programs
- Yoga and Tai Chi instruction

### Taking advantage of *BluePerks* is easy:

- Simply log on to [www.bcbst.com](http://www.bcbst.com) and click the “*BluePerks*” link.
- Click on your area of interest or use the handy search engine to find practitioners who participate in the *BluePerks* discount program.
- Next, simply show your BlueCross BlueShield of Tennessee membership ID card when purchasing products or services from a participating *BluePerks* practitioner and receive instant discounts of up to 50 percent.
- It’s that easy. There’s no paperwork, prior authorizations, reimbursements or claims to file. Just enjoy another advantage of carrying your BlueCross BlueShield of Tennessee membership ID card.

*BluePerks* is offered through partnerships with discount service providers, such as

- American WholeHealth Networks, Inc.: 1-800-227-5911 — Administering the Complementary Alternative Medicine and cosmetic services discounts
- Davis Vision: 1-800-783-7792 — Administering the vision care item discount
- Jenny Craig: 1-800-JENNY20 — Administering the weight loss program discount up to 50%
- TruVision: 1-866-338-2020 — Administering the LASIK eye surgery discount

For more information on the *BluePerks* discount program, call one of the discount partners above, or visit [www.bcbst.com](http://www.bcbst.com).



[www.bcbst.com](http://www.bcbst.com)