

Discount Programs – Blue ExtrasSM

Chiropractic services discounts

We know that chiropractic care is one of the most popular forms of alternative medicine. And we know that it's important to you. So, we're making chiropractic services available to you with our discount program, as well as continuing to offer a chiropractic covered benefit. Keep reading to find out the best way for you to access your chiropractic care:

Chiropractic services as a covered benefit

Your health insurance coverage may include chiropractic benefits. If it does, you can receive services from a chiropractor for a copayment or coinsurance, like a doctor's office visit. To find out if you have chiropractic services as a covered benefit and to get details on your coverage, please refer to your benefit booklet.

The chiropractic discount is available to you if:

- you have hit your chiropractic covered benefit limit for the year
- your health coverage does not include chiropractic services
- your visit is for a non-covered service, like some adjustments

Chiropractic services with discount

You can receive services from participating practitioners and save with the chiropractic discount program. There are no forms to fill out and no referrals are necessary. Just present your BCBS ID card to receive your discount. But remember, the discount cannot be combined with covered benefits. So if you have chiropractic benefits, there is no discount on your copayment, coinsurance, deductible or coinsurance maximum.

To find a Chiropractic provider or more information, call the number on your BCBS ID card.

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Vision Discounts

You can receive a 30 percent discount on prescription eyewear including lenses, frames and non-disposable contacts, and a 15 percent discount on disposable contacts prescribed and purchased from any of our participating North Carolina providers who own optical dispensaries.

Laser Eye Surgery Discounts

Laser eye surgery doesn't have to be prohibitively expensive. Optic Blue provides discounts on corrective laser eye surgery and the LASIK procedure.

You can choose from a statewide network of trusted eye doctors. With this discount there are no claims to file, just show your BCBS ID card at the doctor's office. Your program discount includes your consultations, the laser procedure and all follow-up visits related to the procedure.

To find a vision or laser eye surgery provider, call toll free [1-800-755-0507](tel:1-800-755-0507).

Blue Extras programs may not apply to all health plans. Discounts on certain goods and services may not be provided directly by Blue Cross and Blue Shield of North Carolina (BCBSNC), but may instead be arranged by BCBSNC for member convenience. Any discounts are outside your health plan benefits. BCBSNC is not liable for problems resulting from goods and services it does not provide directly, such as goods and services not being provided or being provided negligently. BCBSNC may change or discontinue these programs at any time. An independent licensee of the Blue Cross and Blue Shield Association. ®, SM Marks of the Blue Cross and Blue Shield Association. SM 1 Mark of Blue Cross and Blue Shield of North Carolina. FEP, 04/10