

Discount Programs – Blue ExtrasSM

Alt Med BlueSM

Alternative medicine services up to 25% off!

Tired muscles? Sore back? Anxiety? With Alt Med Blue you can save up to 25 percent on a variety of therapies intended to increase wellness, prevent illness and address existing symptoms and conditions:

- Acupuncture
- Biofeedback
- Chiropractic services
- Fitness centers*
- Guided imagery
- Health spas
- Massage therapy
- Nutritional counseling
- Personal trainers
- Somatic education
- Stress management
- Tai Chi/Qigong
- Yoga

To get your discount, just go to a participating Alt Med Blue practitioner and present your BCBSNC ID card. To locate an Alt Med Blue practitioner, or for more information, call toll free [1-888-336-2583](tel:1-888-336-2583) or visit bcbsnc.com.

* Fitness center discounts available only in North Carolina.

Cosmetic Surgery BlueSM

Save 15% on cosmetic surgery!

Thinking about cosmetic surgery? You can save 15 percent with Cosmetic Surgery Blue. Your discount applies to procedures that are not typically covered by insurance such as rhinoplasty, facelifts and liposuction. You will receive a 15 percent flat rate discount on the physician's regular surgical fees. Since cosmetic surgery charges are typically divided into three parts (surgery, anesthesia and facility), your discount will apply to the surgery portion only.

Additionally, your Cosmetic Surgery Blue discount applies to your initial consultation, even if you decide not to have the procedure. Cosmetic Surgery Blue can also help you research and understand the risks to make an informed decision about whether a procedure is right for you.

For more information on Cosmetic Surgery Blue, call toll free [1-877-755-1111](tel:1-877-755-1111) or visit bcbsnc.com.

NOTE: Cosmetic Surgery Blue discounts available only in North Carolina.

Discount Programs – Blue ExtrasSM

Cosmetic Dentistry BlueSM Save 10% on cosmetic dentistry!

We know a bright healthy smile is important to you. With Cosmetic Dentistry Blue you can save at least 10 percent on a variety of procedures not typically covered by dental plans. Procedures include:

- Whitening
- Veneers
- Tooth-colored fillings
- Implants
- Bonding
- Contouring and reshaping

To find a Cosmetic Dentistry Blue practitioner call toll free [1-877-269-1097](tel:1-877-269-1097) or visit bcbsnc.com.

NOTE: Cosmetic Dentistry Blue discounts available only in North Carolina.

Optic BlueSM Vision and LASIK discounts!

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 Optic Blue there are no claims to file, just show your BCBSNC 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 an Optic Blue provider, or for more information, call toll free [1-800-755-0507](tel:1-800-755-0507) or visit bcbsnc.com.

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, 08/07