

BLUE CROSS OF IDAHO DISTRICT OFFICES

Boise

3000 East Pine Avenue
Meridian, ID 83642-5995

Mailing Address
P.O. Box 7408

Boise, ID 83707-1408
208-387-6683
800-365-2345

Coeur d'Alene

2100 Northwest Boulevard, Suite 120
Coeur d'Alene, ID 83814
208-666-1495

Idaho Falls

2116 East 25th Street
Mailing Address
P.O. Box 2287
Idaho Falls, ID 83403
208-522-8813

Lewiston

1010 17th Street
Mailing Address
P.O. Box 1468
Lewiston, ID 83501
208-746-0531

Pocatello

275 South 5th Avenue, Suite 150
Mailing Address
P.O. Box 2578
Pocatello, ID 83206
208-232-6206

Twin Falls

1431 N. Fillmore Street, Suite 200
Mailing Address
P.O. Box 5025
Twin Falls, ID 83303
208-733-7258

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Blue Extras!sm



BlueExtras!sm

A VALUE-ADDED PROGRAM

THE EXTRAS!

...MAKE ALL THE DIFFERENCE.

Form No. 3-418 (03-09)



At Blue Cross of Idaho, we know that maintaining good health is important to you. We also know that there are many different approaches to achieving a healthy lifestyle, from formal workout routines, evening walks in your neighborhood, taking vitamins or naturopathic medicines, acupuncture to massage therapy.

That is why we are excited about Blue Extras!SM – a value-added program that offers a variety of discounted services, programs, and products that will help you to achieve your personal health, wellness, and fitness goals. These extras are provided by independent sources that have agreed to offer discounted rates to you as a Blue Cross of Idaho member.*

We're delighted to offer this exciting program and hope you will take advantage of the services and discounts available to you through Blue Extras!

This brochure contains a general description of the services available under the Blue Extras! program. Blue Cross of Idaho makes no expressed or implied warranties or representations regarding these services, including without limitation, fitness for a particular use, merchantability, or outcome.

* *Exception: The programs of Blue Extras! are not available to members of the Federal Employee Program (FEP).*

QUICK REFERENCE

We hope that your questions about Blue Extras! are answered in this brochure; however, we realize that it would be impossible to answer each unique question. If you have additional questions or need further assistance, you may use the contact information listed for each program.

Please note that some programs in this brochure are online programs only and may be accessed only through the specific Web site. For specific instructions on how to log on as a member and view the discount programs, see following pages.

Fitness Clubs		
Anytime Fitness	www.anytimefitness.com	Page 1
Curves	www.curves.com	Page 5
Fitness Inc. Health Club and Metro Health Spa	208-233-8035 208-232-4541	Page 2
Gold's Gym	208-472-1055	Page 3
Groaners Fitness Club	208-983-7070	Page 8
Idaho Athletic Company and Total Woman Fitness	208-442-6378	Page 6
North Idaho Athletic Club	208-882-7884	Page 12
OZ Fitness	509-448-2151	Page 4
Peak Health & Wellness Center	www.peakriverstone.com	Page 9
Rocky Mountain Fitness	208-939-3878	Page 7
Snap Fitness	www.snapfitness.com/coeurdalene	Page 10
World Gym – SEID	208-552-0500	Page 11
Hearing Services		
Affordable Hearing Aids, Inc.	208-664-2767	Page 14
Audiology & Hearing Aid Center	208-658-0238	Page 15
HearPO	888-432-7464	Page 13
Miracle-Ear®	www.miracle-ear.com	Page 16
TruHearing	800-530-3974	Page 17
Orthodontia		
Orthodontic Values	See page 18	Page 18
Vision Services		
Clearly Lasik	208-938-9108	Page 19
Davis Vision™	800-783-7792 – access code 7220	Page 21
TruVision™	866-493-2020	Page 20
Safety & Natural Medicine		
Natural Blue SM	800-678-9133	Page 23
Safe Beginnings®	www.safebeginnings.com	Page 24

WHAT IS A VALUE-ADDED PROGRAM?

A value-added program provides you, the member, an opportunity to receive exceptional discounted services and products without increasing your current premium!

WHAT DISCOUNTED SERVICES AND PRODUCTS DOES BLUE EXTRAS! OFFER?

Blue Extras! provides access to exceptional discounts on products and services such as:

- ◆ LASIK (Laser vision correction surgery)
- ◆ Hearing aids
- ◆ Vision services and supplies
- ◆ Over-the-counter drug store items
- ◆ Massage therapy
- ◆ Fitness facility centers
- ◆ Childproofing products, nursery items, and products to help children on the go
- ◆ Orthodontic services

HOW DO I USE THE DISCOUNTED SERVICES AND PRODUCTS OFFERED THROUGH BLUE EXTRAS!?

In most instances you simply present your Blue Cross of Idaho identification card. However, sometimes the products or services being offered are through mail order or the Internet. You will be required to complete the specific requirements for that service before receiving the discounts.

HOW CAN I VIEW THE SERVICES AND PRODUCTS AVAILABLE TO ME THROUGH BLUE EXTRAS!?

You can view the products and services by requesting a Blue Extras! brochure from your local District Office, or by visiting the Blue Cross of Idaho Web site at www.bcidaho.com.

To view the current directory on our Web site, click on the **Health & Wellness** tab located on the top menu bar. Select **Discount Programs** from the drop down menu and it will take you to the Blue Extras! Simply click on the program you wish to view.



ANYTIME FITNESS

Blue Cross of Idaho in partnership with Anytime Fitness is pleased to offer our members half off the standard Anytime Fitness enrollment fee.

With over 17 Idaho locations and nearly 700 clubs nationwide, Anytime Fitness offers an exceptional workout at an exceptional price. At Anytime Fitness you can work out any time, day or night, and the convenience of a 24-hour facility just can't be beat! Members have their own keycard to access their local club 7 days a week, 365 days a year.

In addition, after your first 30 days as an Anytime Fitness member, you receive Anywhere Club Access, a program that gives you full access to Anytime Fitness clubs nationwide.

Along with the state-of-the-art strength training and cardiovascular equipment, many clubs offer 24-hour tanning and personal training packages for an additional fee.

The Anytime Fitness mission is to help people thrive through a fit and active lifestyle! To learn more about Anytime Fitness and to find a club near you, visit www.anytimefitness.com. Fees and amenities vary by location.

FITNESS INC. HEALTH CLUB AND METRO HEALTH SPA

As a Blue Cross of Idaho member, you qualify for the following discounted rates at Pocatello's leader in fitness. Even better, your rates are guaranteed to never increase as long as you remain a member of both Blue Cross and the fitness facility. To save even more, prepay your annual dues and you'll receive an additional 10% discount!

	One-time Enrollment Fee	Single Monthly	Couple Monthly (per person)
Blue Cross of Idaho member	\$99	\$32	\$24
Dependent (age 9 or younger)		Free	Free
Dependent (10-17 yrs) add'l monthly fee		\$9.25	\$9.25
Dependent (18-25 yrs same address*) add'l monthly fee		\$18	\$18

**Must be in school, carrying 6+ credits*

Adult members are welcome to use both facilities; however, please note the Metro Health Spa is an adult only facility. Both facilities feature an extensive array of fitness equipment and classes. Additional services including personal trainers and on-site child care are available for an added fee.

Amenities (may vary by location)

- ◆ 9 Racquetball/Handball courts
- ◆ 3 Spacious aerobic rooms
- ◆ 70+ Aerobic classes each week
- ◆ 5 Weight rooms
- ◆ Indoor track
- ◆ Basketball gym
- ◆ Treadmills
- ◆ Elliptical machines
- ◆ Stair climbers
- ◆ Versa climbers
- ◆ Stationary bikes
- ◆ Nordic tracks
- ◆ Rowing machines
- ◆ 2 heated indoor swimming pools
- ◆ 3 Steam rooms
- ◆ 5 Hot tubs
- ◆ 4 Saunas
- ◆ Menthol inhalation
- ◆ Locker rooms & showers

Locations

Fitness Inc. Health Club
1800 Garrett Way #19
Pocatello, ID 83201
208-233-8035

Metro Health Spa (Adult Only)
442 N. Arthur
Pocatello, ID 83204
208-232-4541

GOLD'S GYM

Gold's Gym has teamed up with Blue Cross of Idaho to offer you a special corporate discount!

Gold's Gym offers Blue Cross of Idaho members \$5.00 off the current retail monthly dues on a variety of membership options. Gold's features short- or long-term membership plans, including annual and month-to-month commitments. Join the club nearest you or select an all-club membership for access to all Gold's Gym locations in Idaho.

Gold's believes that no matter who the individual is, no matter the education level, they can assist in goal oriented programs and teach lifestyle behavior. You're invited to stop by and check them out today!

Amenities (may vary by location)

- ◆ Sauna/Steam/Jacuzzi
- ◆ Basketball
- ◆ Group spinning classes
- ◆ Women only area
- ◆ Racquetball courts
- ◆ Circuit training floor
- ◆ Free-weight area
- ◆ Cardiovascular center
- ◆ Group fitness classes
- ◆ Swimming pool

Other services, including personal training, massage, tanning, child care and a juice bar, are available for an additional fee. All payments are made via electronic funds transfer (EFT). When you are ready to join, please bring a checkbook or credit card and proof that you are a Blue Cross of Idaho member.

Locations

East Boise

404 E. Parkcenter Blvd.
Suite 300

Meridian

1455 Country Terrace Place,
off Exit 44

West Boise

8650 Fairview Avenue

Contacts

For more information, contact:

Curt Harris, Gold's Gym Treasure Valley
208-472-1055, ext. 8 or cell 208-949-3639
curt@goldsgymidaho.com

OZ FITNESS

Join OZ Fitness with a special rate for Blue Cross of Idaho members!

Membership Type and Fees

	Monthly Fee	Enrollment Fee	Processing Fee
BCI member	\$29.99 (one club) \$34.99 (all clubs)	None	None
First additional family member	\$15.99 (all clubs)	None	\$79
2+ family members	\$15.99 (all clubs)	None	None

Amenities (may vary by location)

- ◆ Multiple locations in Spokane
- ◆ Basketball court
- ◆ Yoga
- ◆ Pilates
- ◆ Cycling
- ◆ Kickboxing
- ◆ Aerobics
- ◆ Certified personal trainers
- ◆ Weight loss programs
- ◆ Free-weight area
- ◆ Advanced cardio equipment
- ◆ Variety of Selectorized weight machines
- ◆ Indoor heated pool
- ◆ Steam room, sauna, Jacuzzi
- ◆ Kids Club (6 months – 11 years)
- ◆ Tanning
- ◆ Pro Shop
- ◆ Racquetball courts
- ◆ 2 one-hour sessions with a trainer

All memberships are “pay as you go” – no long-term contracts! Dues may be paid monthly through electronic funds transfer or may be paid on an annual basis and are subject to a one-year lock-in rate. To take advantage of this special offering, you will need to provide your Blue Cross of Idaho identification card at the time of enrollment.

No other discounts can be used with this offer. Must be at least 18 years old, or 12 with parent. You must show proof of membership with Blue Cross of Idaho at the time of enrollment. Family add on must be related as a spouse, domestic partner or child (12-17 years old) and live at the same address as the member. See club for complete details.

Contacts

For more information, contact:

Jessica Roskowyk, Asst. Corp Sales 509-448-2151
Julie Greely, Regional Corp Sales Director 509-768-9564

CURVES

Blue Cross of Idaho has teamed with Curves to offer special rates at the premier, women-only fitness facilities in southeast Idaho. Blue Cross members are entitled to discounted monthly dues and there's no enrollment fee!

Curves offers a one-stop, affordable exercise and nutrition program that combines a 30-minute workout with the support of in-house personal trainers. In addition, Curves members can access online programs such as the Curves Complete nutritional system and Curves Smart, a customized personal coach.

Twelve Month Membership Fees

Member	\$44 monthly fee
Dependent (12+years)	\$15 monthly fee

Amenities (may vary by location)

- ◆ Circuit strength training
- ◆ The Curves Smart Program, personal coaching system
- ◆ One-on-one nutrition counseling
- ◆ In-club nutrition support groups
- ◆ Trainers to help members achieve their fitness goals
- ◆ Worldwide access to Curves fitness facilities (minimum 12 month membership)

Curves members have full access to any Curves fitness facility and with over 10,000 locations worldwide, the nearest Curves is never far away.

Participating Locations

Blackfoot 1350 Parkway Drive #24 208-782-1735	Shelley 526 North State Street 208-357-3811
Idaho Falls 2243 East 17th Street 208-542-0471	

Contacts

For more information, contact one of the participating locations or visit www.curves.com

IDAHO ATHLETIC CLUB AND TOTAL WOMAN FITNESS

Join Treasure Valley's leader in fitness! Total Woman Fitness and Idaho Athletic Club now offer special 24-month rates for Blue Cross of Idaho members.

Membership Type and Fees

	Enrollment Fee	Single Club Access Monthly	All Club Access Monthly
BCI member	\$59	\$29	\$39
Dependent 12+ yrs*	\$0	\$20	\$20

*Club access for dependents will correspond with member club access.

Amenities (may vary by location)

- ◆ Aerobic & step classes
- ◆ Circuit weight training
- ◆ Cross trainers
- ◆ Cycling classes
- ◆ Free weights
- ◆ Hammer strength
- ◆ Indoor basketball court
- ◆ Kickboxing
- ◆ Lifecycles
- ◆ Pilates
- ◆ Racquetball courts
- ◆ Sauna/Steam room/Pool
- ◆ Tanning
- ◆ Treadmills
- ◆ Yoga classes

New members will receive a free session with a fitness professional to help you achieve your fitness goals.

Locations

TOTAL WOMAN (women only)	Boise 1435 South Maple Grove 208-376-6558 2999 N Lakeharbor Lane 208-853-4224
Meridian 1710 West Cherry Lane 208-888-9192	Eagle 950 East Riverside 208-938-8410
IDAHO ATHLETIC CLUB	Nampa (opening in 2009) Sales Office 4217 Garrity Blvd 208-442-6378
Caldwell 3410 Blaine Street 208-459-0729	
Meridian 2340 South Eagle Road 884-5251 1450 Fairview Avenue 208-888-0060	

Contacts

For more information, contact:

Bill Housel at idahoathletic@yahoo.com or 208-442-6378 (office) or 208-608-3355 (cell)

ROCKY MOUNTAIN FITNESS & RECREATION CENTER

Rocky Mountain Fitness and Recreation Center offers a wide variety of health activities for every age and fitness level. As a Blue Cross of Idaho member, you are eligible for discounted rates and can choose to pay monthly or receive an even greater discount for paying in advance. Your membership provides full access to both locations.

Monthly Payment Options

	Enrollment Fee	Monthly Fee
Adult	\$49	\$19.95
Additional family members	None	\$19.95 per person*

Paid-in-Full Options

	# Months Paid	Total Fee
Adult	3 months	\$99
	6 months	\$199
	12 months	\$350
Youth (0-17)	3 months	\$75
	6 months	\$99
	12 months	\$199

* Family maximum monthly fee of \$80

New members receive one free personal training session.

Amenities (may vary by location)

- ◆ Aquatic Center: Lap pool, Therapy pool, Kid's pool, Spa, Steam room, Sauna
- ◆ Extensive free weight area
- ◆ Gymnasium
- ◆ Indoor track
- ◆ Basketball & volleyball
- ◆ Group Fitness Classes – over 100 classes to choose from!
- ◆ Cardio & strength training equipment
- ◆ Nursery & play center

Locations

Eagle	Boise
875 E. Plaza Drive 208-939-3878	555 W. Parkcenter Blvd. 208-342-7359

Contacts

For more information, contact:

Julie Wilson
208-939-3878
rmfeagle@gmail.com
or visit www.rockymountainfitness.com

GROANERS FITNESS CLUB INC.

Need help with your fitness goals? Groaner's Fitness Club has partnered with Blue Cross of Idaho to offer a special discount to Blue Cross members in the Grangeville area. Groaner's offers the equipment and experienced staff to support a healthier lifestyle. Take the first step and contact them today!

Twelve Month Membership Fees

	Enrollment Fee	Monthly Fee
Member	\$0	\$35
Dependent (15+years)	\$0	\$32

Amenities

- ◆ Circuit training room
- ◆ Stationary bicycles
- ◆ Treadmills
- ◆ Elliptical trainers
- ◆ Rowing machine
- ◆ Stair steppers
- ◆ Nautilus machines
- ◆ Free weight strength training room
- ◆ Hydro massage bed

Other services, including personalized training, spinning classes and tanning beds, are available for an additional fee.

Location

Grangeville
507 West Main
208-983-7070

Contacts

For more information, contact:

Julie Hauger or Christine Knight Hauger
208-983-7070

PEAK HEALTH & WELLNESS CENTER

Join Peak Health & Wellness Center and you're entitled to a 20% discount on any prepaid membership fee! Your membership gives you access to three locations in North Idaho with over 40,000 square feet of fitness options. The fitness facilities offer a wide variety of amenities that may vary by location.

Amenities (may vary by location)

- ◆ Group fitness classes – over 90 classes to choose from!
- ◆ Full free weight and plate-loaded equipment
- ◆ 40+ cardio machines per location
- ◆ Basketball court (Post Falls & Ironwood locations only)
- ◆ Racquetball courts (Ironwood location only)
- ◆ Locker rooms with saunas

Additional services such as child care, a juice bar, tanning booths and personal trainers are available for an additional fee.

Locations

Post Falls

927 East Polston Avenue, Suite 101
208-773-0601

Hayden

190 West Centa Drive, Suite A
208-762-9014

Coeur d'Alene

940 Ironwood Drive
208-667-2582

For additional information, visit www.peakriverstone.com

SNAP FITNESS

Snap Fitness combines the convenience of a 24-hour neighborhood fitness center with access to the industry's best cardio and exercise equipment. And there's no long-term financial commitment – you pay month-to-month! Simply show your Blue Cross of Idaho membership card to receive the following discounted rates.

Membership Type and Fees

Enrollment	\$0
Access Card*	\$20.00 One time fee
Single Membership	\$29.95 per month
Double Membership (2 members)	\$44.95 per month
Family Membership (3+ members)	\$54.95 per month

**Only one access card required per membership*

Snap Fitness supports your fitness goals with on-site fitness professionals; online tools, including your own personal Web page and virtual trainer; and health/wellness coaches that are only a phone call away. Snap Fitness is so confident you'll get the results you want that if you don't feel a positive difference in your first 30 days, they'll refund your dues!

Amenities

- ◆ Cybex VR3 weight machines
- ◆ Circuit training
- ◆ Free weights
- ◆ Treadmills, stationary cycles, stair-climber
- ◆ Cybex Arc trainers (cross-trainers)
- ◆ Exercise balls, medicine balls and jump ropes
- ◆ Resistance bands
- ◆ Complementary health and fitness consultation
- ◆ Equipment orientation
- ◆ Online wellness assessment
- ◆ Quarterly fitness adventure challenges

Location

Coeur d'Alene

3270 W. Prairie
208-772-4900

For more information, visit www.snapfitness.com/coeurdalene

WORLD GYM

REAL GYMS, REAL PEOPLE, REAL RESULTS!

Are you looking for a fitness club in Southeast Idaho? World Gym in partnership with Blue Cross of Idaho is pleased to offer discounted rates to Blue Cross of Idaho members. World Gym members enjoy the largest selection of cardiovascular equipment and strength training in Southeast Idaho. And, for an additional \$5 per month, members have full access to all three World Gym locations.

Membership Type and Fees*

	Enrollment Fee	Monthly Fee
Blue Cross of Idaho member	\$79	\$31.95
Spouse – additional fee	N/A	\$25
Children (ages 12-19) additional fee:		
1st Child	N/A	\$15
2nd Child	N/A	\$10
3rd Child and each child thereafter	N/A	\$5

*Requires a minimum one-year membership.

Amenities (may vary by location)

- ◆ Circuit training area
- ◆ Over 400 group fitness classes per month
- ◆ Spinning studios
- ◆ Power lifting area for extreme lifters (Idaho Falls location only)
- ◆ Mixed martial arts program (Idaho Falls location only)
- ◆ Racquetball (Rexburg location only)

Locations

Idaho Falls

1515 Northgate Mile
208-552-0500

Rexburg

730 West 7th North
208-356-7780

Pocatello

1435 North Main Street
208-234-4177

NORTH IDAHO ATHLETIC CLUB

Looking for a way to stay fit? North Idaho Athletic Club is offering a special discount for Blue Cross of Idaho members and there are no enrollment fees!

Twelve Month Membership Fees

Member	\$29 monthly fee
1st Dependent	\$25 monthly fee
Additional Dependents	\$20 monthly fee (per person)

Amenities

- ◆ 11 Circuit training workout stations
- ◆ Stationary bicycles
- ◆ Treadmills
- ◆ Exercise balls
- ◆ Resistance bands
- ◆ Free weights
- ◆ Assisted pull-up/dip machine
- ◆ Nutritional plans
- ◆ Orientation from on-site professional Personal Trainer
- ◆ Fitness Classes including Pilates, Yoga, Boot Camp, Step-Aerobics, Spin, Lifting, Karate

Additional services such as tanning, KidCare, massage therapy and personal training are available for an additional fee.

Locations

Moscow

408 South Main
208-882-7884

For more information, visit www.niathletic.com

HEARPO – HEARING BENEFITS MADE SIMPLE

HearPO is a network of licensed hearing professionals providing quality hearing healthcare services and hearing instruments. Their clinics are located throughout Idaho and 1,600 locations nationwide.

As a Blue Cross of Idaho member, you will save an average of 25% on hearing aids and will receive a 40% discount on audiology services. HearPO offers all styles of digital hearing instruments from a wide choice of leading manufacturers including Siemens, Unitron, Phonak, Sonic Innovations, Rexton, Vivatone and Bernafon. All hearing aids from HearPO have a 60-day money back guarantee and comprehensive follow-up services at no charge for one year.

Finding the nearest HearPO provider is as easy as 1-2-3:

- ◆ Call 888-HEARING (888-432-7464) to select a provider.
- ◆ HearPO will mail an authorization packet to both you and your selected provider.
- ◆ After you receive your materials, call your selected provider to set up an appointment.

Call HearPO today or go online at www.hearpo.com for more information about the HearPO program.

AFFORDABLE HEARING AIDS – WOULD YOU LIKE TO HEAR WELL?

A hearing test is the first step. Maybe you just have wax build-up, which is causing a mild to moderate hearing loss. How will you know unless you have your ears checked? Visit a certified doctor of audiology for an ear inspection and hearing evaluation.

Blue Cross of Idaho has partnered with audiologist Tia Flynn, Au.D., to offer our North Idaho members a special discount. You will receive \$50 off one hearing aid or \$100 off a pair of hearing aids when you order them through Affordable Hearing. Be sure to ask for your Blue Cross of Idaho discount when you show your Blue Cross member ID card. This discount is in addition to Affordable Hearing Aids' every day low price of 30% off Sonus elite retail pricing on major brands such as Siemens and Phonak.

Dr. Flynn will explain the advances in hearing aid technology and help you determine which hearing instrument is best for you and your budget. No matter which digital hearing aid you choose, it includes a 3-year warranty, 3-year loss & damage and a 3-year supply of batteries.

Affordable Hearing Aids, Inc. mission is:

To provide quality hearing healthcare, hearing aids and assisted listening devices for the hearing impaired of North Idaho.

Customer satisfaction is Dr. Flynn's number one priority. For more information or to schedule your evaluation, contact Dr. Flynn at:

Affordable Hearing Aids, Inc.
1601 3rd Street
Coeur d'Alene, ID 83814
208-664-2767
www.affordablehearinginc.com

AUDIOLOGY AND HEARING AID CENTER

HEARING ASSISTANCE FOR EVERY AGE

There can be many contributors to hearing loss and it's not confined to the elderly. Three out of every 1,000 babies are born with some degree of hearing loss. Through early detection it is possible to treat a child's hearing problems so that they can develop speech and language just like their peers. The certified clinical audiologists at Audiology and Hearing Aid Center will work with you to find the right solution for you or your family member's hearing loss.

Audiology and Hearing Aid Center offers a 45% discount on the Destiny and ZON hearing systems by Starkey Laboratories. In addition, as a Blue Cross of Idaho member, you are entitled to two years of free batteries and a third-year extension on the service warranty for no additional charge when you purchase a hearing aid from Audiology and Hearing Aid Center.

It is Audiology and Hearing Aid Center's goal to improve communication and hearing health for you and your family. Their office is conveniently located near the corner of Fairview and Milwaukee in Boise, behind Walgreen's.

For more information, contact:

Audiology and Hearing Aid Center
1740 North Milwaukee Street
Boise, ID 83704
208-658-0238
www.boisehears.com

Office Hours: Monday – Friday, 9 a.m. to 4 p.m.

MIRACLE EAR

Blue Cross and Miracle-Ear® help you to enjoy better hearing.

Did you know that approximately 28 million Americans, or about one in every ten people in this country deals with hearing loss? Good hearing is important to the quality of your life. Healthy hearing makes it easier for you to communicate in your daily living as well as to keep you close to your friends and loved ones.

Blue Cross of Idaho, in conjunction with Miracle-Ear (d.b.a. Clear Corporation), is excited to offer a new hearing aid discount program available to all Blue Cross members. This program offers a 15% discount off the retail price of Miracle-Ear hearing aids. **(This discount will not be available in conjunction with any promotional pricing.)**

Hearing aids are one of the mainstays of personal communication for people with hearing loss. *Find out what you may be missing!*

To find the participating store nearest to you, visit www.miracle-ear.com.

TRU HEARING

DO YOU HAVE TROUBLE HEARING?

About 28 million Americans have serious hearing loss, including one of four people older than 65. Most hearing loss comes as we age, or from exposure to very loud noises, but it can also come from impacted earwax, infections, and other medical problems.

Blue Cross of Idaho members enjoy savings of up to 60% on digital hearing aids from TruHearing. You can also be guaranteed of your satisfaction with a 30-day money back guarantee for the Basic, Medallion and Ultra hearing aids.

Membership Fees

	Regular Price	BCI Member Price
TruHearing Basic Hearing Aid	\$1,595	\$995
TruHearing Medallion Hearing Aid	\$3,595	\$1,495
TruHearing Ultra Hearing Aid	\$4,755	\$1,995

Your first step is schedule a hearing exam by calling 800-530-3974.

TruHearing Return & Warranty Program

Return Policy

The return policy to the patient is thirty (30) days from the contract date, no questions asked. The expiration date is printed on the contract that the patient signs at the time of the transaction.

Visit Policy

There are three visits included in the TruHearing program. One is for the initial test and impression, one is for the fitting and one is for follow-up care. The patient will be charged \$35 for any additional visits that may be required.

Warranty

The first year, comprehensive. Second year, repair only warranty extends an additional twelve months. There are options to purchase extended warranties through TruHearing. If the patient lets the warranty lapse and wants to purchase an additional warranty, it is possible but will cost a bit more. Specific pricing is available by calling TruHearing at 800-530-3974.

This information can also be obtained in the FAQ section at the TruHearing web page found at www.truhearing.com.

ORTHODONTIC VALUES

At Blue Cross of Idaho, we know that maintaining good health and a healthy smile is important to everyone. We also know that our members may or may not have a dental insurance plan with orthodontic benefits. This is why we have teamed up with orthodontists eager to provide exceptional patient care and service.

If you are a Blue Cross of Idaho member, no matter what your plan covers, you will receive a discount of \$400 off the total cost of full orthodontic treatment plans for eligible family members. All you have to do is show the provider your Blue Cross member ID card. The discount applies to any treatment plan which is initiated after the orthodontist's effective date.

Provider List

- | | |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Dr. Bret B. Christensen
(Effective 10-23-08)
Lewiston, ID
208-798-4427 | Dr. Phillip D. Lowder
(Effective 11-11-08)
Rigby, ID
208-745-7407 |
| Dr. Jacob Jarvis
(Effective 5-19-08)
Boise, ID
208-667-3341 | Idaho Falls, ID
208-523-4332
Sugar City, ID
208-745-7407 |
| Eagle, ID
208-939-7085 | Dr. Samuel G. Smith
(Effective 9-18-08)
Boise, ID
208-321-7006 |
| Dr. Eric D. Johnson &
Dr. Jeffrey T. McMinn
(Effective 1-17-08)
Pocatello, ID
208-237-0005 | Eagle, ID
208-939-2311 |
| Blackfoot, ID
208-782-9584 | Dr. R. O. VanDyke III
(Effective 10-17-07)
Pocatello, ID
208-237-3330 |
| Soda Springs, ID
208-238-2236 | Dr. David Wilkinson
(Effective 10-15-07)
Lewiston, ID
208-746-0479 |
| Dr. R. Paul Kelson
(Effective 10-8-08)
Boise, ID
208-378-1300 | |
| Dr. Laura K. Lineberry
(Effective 12-12-07)
Boise, ID
208-658-9470 | |
| Mountain Home, ID
208-587-4422 | |

Blue Cross of Idaho has joined with CLEARLY LASIK to offer members and their immediate family a 15% discount on LASIK (laser vision correction). CLEARLY LASIK offers today's state-of-the-art technology such as Custom LASIK and IntraLase at affordable prices, all in a welcoming environment. Convenient \$0 down 0% interest financing packages are available.

What is LASIK?

LASIK and PRK are surgical procedures designed to eliminate or reduce common visual errors such as nearsightedness, farsightedness, and astigmatism that are caused by irregularities in the shape of the cornea.

At CLEARLY LASIK Boise, the surgeons perform laser vision correction as well as PRK using two state-of-the-art technologies, choosing the one that will most effectively enhance your vision. Both technologies offer the advantage of Custom LASIK, which makes an exact "fingerprint" of your eye to help the surgeon guide the laser and create a smoother eye surface.

Custom LASIK greatly improves the chance that LASIK surgery will:

- ◆ Produce 20/20 vision or better;
- ◆ Improve low-contrast and night vision;
- ◆ Decrease night glare and haloes.

IntraLase: "Blade-Free" LASIK

The latest advancement in technology available is IntraLase "Blade Free" LASIK, one of the safest and most accurate technologies. Increased precision makes this procedure available to many who don't qualify for conventional LASIK or PRK.

"I'm interested, what is my first step?"

Find out if you are a LASIK candidate. Call toll-free at 877-551-2020, or visit CLEARLY LASIK for a complimentary pre-LASIK examination. *Be sure to mention your 15% Blue Cross member discount.*

Contact Information

CLEARLY LASIK

923 South Bridgeway Place, Suite 150
Eagle, Idaho
208-938-9108
www.clearlylasik.com

TruVision Contact Lens Discount Program

Blue Cross of Idaho members are eligible for this exceptional discount program to purchase brand name contact lens products with savings ranging from 5% to 50% less than when purchased from a doctor's office. Plus, you'll receive free standard shipping on any order of \$99 or more! Go to www.truvision.com for details.

TruVision Laser Treatment

Tired of living with glasses or contacts? What if you could see clearly again without corrective eyewear?

As a Blue Cross member, you will receive 10% off vision correction procedures, with prices starting at \$895 an eye*. TruVision works with only the best! Their network of highly trained optometrists, ophthalmologists and surgeons are committed to providing you with high quality care. In addition, TruVision's surgeons have performed over one million LASIK procedures!

Blue Cross members are eligible for the following services:

- ◆ Consultation to determine candidacy
- ◆ Post-operative care
- ◆ A discount on the LASIK procedure that is right for you
- ◆ Affordable payment plans

Take advantage of the exceptional discount from TruVision by becoming a Blue Cross of Idaho member today!

Call TruVision at 866-493-2020 or visit their Web site at www.TruVision.com

*\$895 per eye fee for Traditional LASIK only. Traditional LASIK is not offered at all locations, and some patients may not qualify for Traditional LASIK due to medical concerns. The surgeon will make the final determination as to whether or which LASIK procedure is best suited for a patient. Typical discount is 10% off usual and customary fees at participating locations. A refundable deposit may be required at the time the services are scheduled.

DAVIS VISION

We all know that good vision is essential to a healthy lifestyle. To better meet the needs of our members, Blue Cross of Idaho has teamed up with Davis Vision,TM one of the nation's leading managed vision and eye care providers to offer you discounts on routine eye examinations, eyeglasses, and contact lenses when you visit a Davis Vision participating provider.

There is no sign-up fee to participate in this discount program. All you do is pay the vision discount fee for your vision service and any other fees not covered by your current vision benefit.

How Do I Find A Davis Vision Provider?

To locate a Davis Vision Provider offering discounts to Blue Cross of Idaho members, dial 800-783-7792, 24 hours a day, 7 days a week. A Service Representative is available Monday through Friday from 6 a.m. to 6 p.m. MST, and Saturday 7 a.m. to 2 p.m. MST. Or, you can visit the Davis Vision Web site Open Enrollment feature via our Web site at www.bcidaho.com. For specific instructions on how to log on as a Blue Cross member and view our discount programs, see [page d](#).

You must use the control code "7220" when visiting the Davis Vision Web site Open Enrollment feature, or when using the IVR to access provider information.

Can I Use Davis Vision Discounts If I Already Have Blue Cross of Idaho Vision Benefits?

Yes, the Davis Vision Discount Program is available to all Blue Cross of Idaho members.

What If I Don't Have Blue Cross of Idaho Vision Benefits?

If you are a Blue Cross of Idaho member and do not have Blue Cross of Idaho vision benefits, you are still eligible for this discount program. The Davis Vision Discount Program gives you discounts on eye exams, eye glasses, or contact lenses purchases. A fee schedule can be found on the following page.

How Do I Use This Program?

Locate a Davis Vision provider, make an appointment, notify the provider that you will be using the Blue Cross of Idaho discount program, and make sure you take a copy of the fee schedule to your appointment. Remember, you will be responsible for all charges according to the Davis Vision Discount Fee Schedule.

Eye Examinations

Complete Examination	15% off Usual and Customary or \$5 off retail cost
Refraction Only	\$20 (when examination is covered by Medicare)
Contact Lens Examination	15% off Usual and Customary or \$10 off retail cost

Frame*

Priced up to \$70 retail	\$40
Priced above \$70 retail	\$40, plus 10% off the amount over \$70

Lenses (Uncoated plastic)*

Single Vision	\$35
Bifocal	\$55
Trifocal	\$65
Lenticular	\$110

Lens Options (Add to lens prices above)*

Standard Progressive	\$60 - \$75**
Premium Progressive	\$110 - \$125**
Glass Lenses	\$18
Polycarbonate Lenses	\$30
Scratch-Resistant Coating	\$15
Anti-Reflective Coating	\$45
Ultraviolet Coating	\$15
Solid Tint	\$10
Gradient Tint	\$12
Photogrey Extra® Lenses	\$35
Transitions® Lenses	\$65

Contact Lenses

Conventional	20% off Usual and Customary
Disposable/Planned Replacement	10% off Usual and Customary
Lens 1-2-3® Contact Lens Replacement Program***	Up to 60% off retail prices

Other Products

Non-prescription Sunglasses	20% off Usual and Customary
Other ancillary Products/Solutions	10% off Usual and Customary

***Special lens designs, materials, powers and frames may require additional cost**

****Pricing depends on the retail location selected**

***** Not all states require contact lens prescription release**

NATURAL BLUE

STAYING HEALTHY IS A NATURAL

Natural BlueSM is Blue Cross of Idaho's complementary and alternative medicine discount program. Natural Blue is administered by American Specialty Health Incorporated (ASH), a national personal health improvement organization that provides a credentialed network of alternative health care providers.

It's easy to take advantage of the Natural Blue discount program. As a Blue Cross member you can receive a discount of 25% off usual and customary fees for acupuncture and massage therapy services.* In addition, you have access to a national network of more than 16,000 fitness clubs. These clubs will offer you either a minimum 10% discount off the initiation and/or monthly dues, or the best available public rate based on the type of membership selected (applies to new memberships only). To locate a provider in your area call 800-678-9133.

Natural Blue also offers access to the ChooseHealthyTM online library of health care resources and educational materials—not to mention the online catalog of health and wellness products at discounted prices. Natural Blue and ChooseHealthy have created a comprehensive buying experience for you. When you click on Store, you'll be able to take advantage of discounts on hundreds of products such as vitamins, herbal supplements, sports nutrition products, skin care items and much more. You will save up to 40% off suggested retail prices on products you use every day, with free shipping on most orders for Blue Cross of Idaho members.

**Natural Blue is an affinity discount program, it is not insurance. The services available through the program are not covered benefits under Blue Cross of Idaho health plans. You are obligated to pay directly for services received from Natural Blue providers. The discount program has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered.*

ChooseHealthy is a trademark of American Specialty Health Incorporated.

SAFE BEGINNINGS

Blue Cross of Idaho is pleased to partner with **Safebeginnings.com** to offer our members the convenience of online, one-stop shopping on many of the products you need, including:

- ◆ Childproofing products such as outlet covers, cabinet latches, safety gates and window guards
- ◆ Nursery items such as crib sheets, teething rails for cribs, crib cassette and CD players, and infant positioning devices
- ◆ Feeding items from breast pumps and nursing pillows to bibs and booster seats
- ◆ Products to help infants who are on the go, such as car seats, jog strollers, infant carriers and travel beds

As an added bonus, Blue Cross members are entitled to a 15% savings on hundreds of additional items on **Safebeginnings.com**. To take advantage of these exceptional discount opportunities, simply enter "bciv" in the Group Sales section on the left-hand side of the **Safebeginnings.com** Web page.

Safebeginnings.com is a discount program offered in conjunction with Blue Cross of Idaho. Blue Cross of Idaho is not responsible for any services or products that are provided or purchased through Safebeginnings.com.

