



HEALTH PLAN (cont.)

Discounted Programs and Services

Effective January 1, 2009

MyBlueService

A 24/7 online member self-service to request extra ID cards, review benefits, check claims, change address, and other interactive web-based support tools. Visit the website at www.bcbsfl.com.

BlueComplements

As part of their ongoing commitment to bringing expanded choices and greater value to your health plan, Blue Cross and Blue Shield of Florida offers a program of discounted products and services called BlueComplements. **To learn more, visit the website at www.bcbsfl.com.**

Highlights include:

- **Vision One** – discounts on eye exams and eyewear www.bcbsfl.com or **1-800-793-8622**
- **TruVision** – discounts on mail order contact lenses and Lasik surgery **1-877-747-2020**
- **HEARx and HearUSA** – discounts on hearing aids www.hearx.com or **1-800-333-3389**
- **TruHearing** – discounts on hearing aids www.bcbsfl.com or **1-800-530-9561**
- **Jenny Craig®** - discounts on weight management programs www.bcbsfl.com or **1-800-597-5366**
- **GlobalFit** - discounts on membership dues www.bcbsfl.com or **1-800-294-1500**
- **YMCA of Florida** – waiver of registration/joining fee www.bcbsfl.com or **1-888-524-9622**
- **Healthy Alternatives** – discounts on alternative medicine care provided by American Specialty Health Networks, Inc. (ASH Networks) www.bcbsfl.com or **1-877-335-2746**
- **SafeTech Bicycle Helmets** - discounts on bicycle helmets www.bcbsfl.com

To further explore any of these services, just log on to www.bcbsfl.com and click on Members>Discount Programs>BlueComplements. Present your Blue Cross and Blue Shield of Florida ID card to take advantage of the discounts!

Health Dialog

Health Dialog provides answers to general health and prevention questions. Education and support for significant medical issues, such as chronic conditions or major surgery, as well as understandable evidence-based information on treatment options is available 24 hours a day, 7 days a week. Call 1-877-789-2583, day or night, 365 days a year or visit the Dialog Center online (www.thedialogcenter.com/bcbsfl).

e-Medicine

Consult your doctor, request/cancel appointments, request lab/test results, request prescription refills or a referral, ask questions on a bill on your time online. Routine communications are free. A \$10 copay may be required for some services. Log on to www.bcbsfl.com and click on Members>e-Medicine.