



# OPTIONS

## Discounts on a variety of Alternative Therapies and Wellness Services

*Options* is a discount program provided to members of CareFirst BlueCross BlueShield (CareFirst) and CareFirst BlueChoice. Because this is a discount program and not a covered benefit, there are no claim forms, referrals or paperwork. To receive these discounts, simply show your CareFirst or BlueChoice ID card or visit the special website for CareFirst members if it's an online program. In order to be responsive to your needs, *Options* continually adds new services. Visit [www.carefirst.com/options](http://www.carefirst.com/options) for the latest *Options* programs.

### Discounts Include:

#### Weight Loss Assistance Programs

**Weight Watchers**, one of the nation's most recognized weight loss programs is online, and CareFirst members can save \$10 on a 3-month subscription to **Weight Watchers Online**<sup>®</sup>. Weight Watchers Online<sup>®</sup> provides a set of personalized weight loss tools, such as Online Journal, Meal Planner, Weight Tracker, and Progress Charts. Search a database of more than 800 Weight Watchers recipes and calculate POINTS<sup>®</sup> for your own foods and meals.

Join **Jenny Craig** and receive a FREE 30-day program\*. Jenny Craig will design a personalized comprehensive program with one-on-one support, that fits your lifestyle. You can also enjoy up to 50% off the On Track 6-month program\* or 20% off the Jenny Rewards 1-year program\*.

\* Plus the cost of food. Discounts apply to membership fee only. Offer good at participating centers only.



#### Fitness Club Memberships

Through 3 different networks, *Options* offers flexibility in choosing a gym that is right for you.

With **GlobalFit**'s lowest price guarantee, you'll receive the best available rates at more than 10,000 fitness clubs nationwide, including Bally Total Fitness clubs and Curves, all with month-to-month memberships and no long-term contracts.

**NOTE:** Discounts in GlobalFit clubs are for new members only. If you are already a club member (or were a member in the last 90 days\*\*) you are not eligible for the discounted rate. The only exception is Bally Total Fitness. After you have completed your current Bally contract, you are eligible for the discounted rate.

\*\* There are a limited number of clubs that require a longer "run-out" period than 90 days. Please contact GlobalFit for more information.



**Healthways WholeHealth Networks** offers a nationwide network of more than 10,000 fitness centers and spas. With your CareFirst plan, you can receive discounts on the following:

- 10-50% off fitness center initiation fees and/or membership dues
- Spa memberships or services ranging from 10-30%

**NOTE:** Membership obligations for fitness centers and discounted spa services are based on individual location policies.

**National Fitness Network** consists of approximately 100 independent regional health clubs\*\* and is the only health club network that offers the convenience of unlimited access to its entire network of clubs with a single membership. There is no need to select a primary club or transfer your membership. National Fitness Network offers the following discounts:

- Up to 40% off membership fees
- One-time registration fee of \$49 for the member and \$29 for each additional family member.



**NOTE:** To receive a discount, you must enroll directly through the National Fitness Network. If you are already a member of a National Fitness Network club, you must complete your current contract before you can get the discounted rate.

*\*\*Available in MD, DC, VA, NJ, and FL only.*

## Hearing Care Services

Better hearing enriches your quality of life. Take advantage of the many discounted services offered by both **Beltone Hearing Care Centers** and **TruHearing**. With **Beltone**, parents, children, spouses and grandparents receive free hearing screenings and a 25% discount off the cost of Beltone hearing aids. All Beltone hearing aids include free batteries for one year, a two-year warranty, free cleaning and minor repairs and adjustments for the life of the hearing aid. **TruHearing** offers free hearing screenings and discounts of up to 60% off quality digital instruments for CareFirst members, their children, parents, and grandparents. TruHearing also offers an extended two-year warranty and a 45-day money back guarantee. All hearing tests are performed using the latest diagnostic equipment.

## Laser Vision Correction & Contact Lenses

Through **TruVision**, CareFirst members can receive 10% off of LASIK or PRK procedures. All pricing includes a pre-operative exam, the Laser Vision Correction procedure, post-operative care and a one-year enhancement warranty. Discounts are also available on Custom LASIK, IntraLase Bladeless procedures, and some centers offer lifetime re-treatment plans. Members can also receive discounts of up to 50% off most brands of contact lenses ordered through the Mail and receive free shipping and handling.

**QualSight** provides affordable access to quality laser vision correction services at 600 locations nationwide. QualSight partners with leading ophthalmologists and credentials each doctor in order to verify their experience and work history. Included in the \$895 price per eye are the pre-operative exam, LASIK or PRK procedure,

post-operative exams, and a retreatment warranty. Discounts are also available on Custom LASIK, Conductive Keratoplasty, and IntraLase.

## Medical IDs

**American Medical ID** offers a 22% discount on customized medical identification bracelets and necklaces. Medical IDs allow medics or other medical professionals to give prompt, precise treatment in a medical emergency. They help ensure a patient will receive proper care, eliminate unnecessary testing and reduce the chance of costly medical errors. Those who have chronic medical conditions, drug or food allergies, or are taking multiple medicines, are advised to wear a medical ID.

## ElderCare Information & Referral Program

**ElderCarelink** is a free, internet-based service that specializes in providing referrals for services for elders and their families. Services include home health care, home support, assisted living, adult day care, long-term care, nursing home options and more. Members fill out a needs assessment online survey and then

*ElderCarelink* will e-mail a list of participating network providers that match your needs. Members are also eligible to receive a free 90-day subscription to *The Caregiver's Home Companion* newsletter.

## Alternative Health & Wellness Services

The following services are offered through **Healthways WholeHealth Networks, Inc.** Through the Options program, members can receive up to a 30% discount on these alternative health and wellness services.

- Acupuncture
- Chiropractic Care
- Guided Imagery
- Magazine Discount Program
- Massage Therapy
- Meditation Instruction
- Mind-Body Instruction
- Nutrition Counseling
- Personal Training/Pilates
- Qi Gong/Tai Chi
- Yoga





# OPTIONS

## Options Program Directory

### Alternative Therapies

Healthways WholeHealth Networks, Inc.\*  
<http://options.wholehealthmd.com>  
**(800) 514-6502**

*\*Discounts also available on fitness center memberships and spa services.*

### ElderCare Information & Referral Program

ElderCarelink  
[www.eldercarelink.com/carefirst](http://www.eldercarelink.com/carefirst)  
**(866) 451-5577**

### Fitness Centers

GlobalFit  
[www.globalfit.com](http://www.globalfit.com)  
**(800) 294-1500**

National Fitness Network\*  
[www.nationalfitnessnetwork.com](http://www.nationalfitnessnetwork.com)  
**(800) 811-5454**

*\*Available in MD, DC, VA, FL, and NJ only.*

### Hearing Care Services

Beltone  
[www.beltone.com](http://www.beltone.com)  
**(800) 235-8663**

TruHearing  
[www.truhearing.com](http://www.truhearing.com)  
**(877) 587-3937**

### Laser Vision Correction and Mail Order Contacts

QualSight LASIK  
[www.qualsight.com/-carefirst](http://www.qualsight.com/-carefirst)  
**(877) 285-2010**

TruVision (LASIK and Mail order contact lenses)  
<http://www.truvision.com/carefirst/LASIK.htm>  
**(800) 398-7075**

### Medical IDs

American Medical ID  
[www.americanmedical-id.com/extras/carefirst.php](http://www.americanmedical-id.com/extras/carefirst.php)  
**(800) 363-5983**

### Weight Loss Assistance

Weight Watchers Online®  
[www.weightwatchers.com/cs/cfbcbs](http://www.weightwatchers.com/cs/cfbcbs)

Jenny Craig  
[www.jennycraig.com/corporatechannel/carefirst.aspx](http://www.jennycraig.com/corporatechannel/carefirst.aspx)  
**(800) 597-JENNY**

*This program is not offered as an inducement to purchase a policy of insurance from CareFirst BlueCross BlueShield. CareFirst BlueCross BlueShield does not underwrite this program because this program is not an insurance product. No benefits are paid by CareFirst BlueCross BlueShield under this program.*



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