

WELLNESS RESOURCES FOR ANTHEM BLUE CROSS ENROLLEES

Keep your member ID card handy when calling the providers listed below.

MEMBER SERVICES AND RESOURCES

Visit www.anthem.com/ca and select "Members" under the logo (upper left corner). Log in to use the provider finder, print a temporary ID card, view your benefits, download forms, sign up for online claims notification, and manage your account. This website will also give you additional information on all of the resources listed below.

24/7 NURSE LINE

Supported by registered nurses for personal health counseling when you need medical resources or are unsure whether to call your doctor. All calls are confidential. The phone number is on the back of your member card.

HealthLine Audiotape Library – hundreds of topics; ask to speak with a nurse at anytime.

HEALTH AND WELLNESS PRACTITIONERS

Discounted services are available from a variety of practitioners. The practitioners do not belong to a Blue Cross provider network, nor are their services covered under your Blue Cross plan.

- 10% - 25% savings on massage therapy
- 10% - 25% savings on yoga
- 20% - 25% savings on services from a registered dietician
- 10% - 25% savings on hypnotherapy
- Up to 40% savings on health products, supplements, vitamins, books and videotapes.

Visit www.anthem.com/ca, click on *Healthy Living*, then select *HealthyExtensions*. Practitioners are organized by disciplines and counties. Or call (888) 289-4325.

FAMILY AND SELF

- **National Allergy Supply** – 15% savings on bedding products, air filtration products and other personal care products. Call (800) 522-1448 and mention code BCC.
- **Safe Beginnings**[®] - 20% discount on child-proofing, baby care and home safety products. Call (800) 598-8911 to request a free catalog.
- **Selfhelpworks** – 30% discount to help you stop smoking, learn to live lean, or manage alcohol successfully. Enroll thru www.anthem.com/ca or by calling (877) 719-9860.
- **VPI Pet Insurance** – 5% discount on core policy. To enroll call (800) USA-PETS or visit www.anthem.com/ca

- **WebMD®** – Online support tools and resources available thru the Personal Health Manager™. Visit www.anthem.com/ca

FITNESS AND NUTRITION

- **Global Discount Health Club Network** – includes Bally Total Fitness, Gold's Gym, World Gym, Powerhouse Gym and Curves for Women. Members and their families save 25% to 60% on membership fees. Call (800) 294-1500 or visit www.globalfit.com/bcc.
- **Jenny Craig®** - free 30 day trial membership and 50% off the On-Track program or 20% off Jenny Rewards program. Visit www.anthem.com/ca and print the coupon before you call (800) Jenny20.
- **Lindora** – 20% discount on program and products. Visit www.anthem.com/ca or call (800) LINDORA.
- **Weight Watcher® Online** - \$10 off a three-month subscription. For more information visit www.anthem.com/ca.

ONLINE PHARMACY

- **Drugstore.com** – 5% off non-prescription items and \$10 off your first purchase. Access thru www.anthem.com/ca under *HealthyExtensions*.

VISION SAVINGS

- **EyeMed** – Up to 30% savings on prescription eye wear from LensCrafters, Target Optical and most Sears Optical and Pearle Vision locations. Call (866) 693-9372.
- **TruVision** – LASIK or PRK laser vision services starting at only \$895 per eye. Plus up to 50% discount on brand name contact lenses. Call (877) 766-2020.

HEARING

- **HearPO** – discounts on hearing aids and an additional 40% off on audiology services and testing; (888) HEARING or visit www.hearpo.com/hearingspecialoffers/.

FUTURE MOMS

Free education program offered to eligible pregnant members. Members have access to Health Coaches to discuss exercise, medications, diet and nutrition, or any other pregnancy-related concerns. Call (866) 664-5404 to enroll.

Offers subject to change without notice. Information available as of 10/2008.