

Stay Healthy, Start Online



HealthyExtensionsSM may help you and your family on your chosen paths toward wellness. Visit HealthyExtensions online for information about discounts offered by independent practitioners and vendors for health related products and services.

As a Blue Cross member, you are automatically eligible. Just visit www.bluecrossca.com and click on "Healthy Living" followed by "HealthyExtensions."

Alternative Health & Nutritional Supplements

- The Chopra Center at La Costa Resort & Spa
- HealthyDrugstore.comTM
- Healthyroads
- Network of Hypnotherapists
- Network of Massage Therapists
- Network of Yoga Studios/Teachers

Fitness & Nutrition

- GlobalFitTM Discount Fitness Club Network
- Lindora Lean for Life[®]
See ad on following page
- Selfhelpworks-program for weight loss and nutrition
- TherapyZone.com[®]
- WorldWideSports.com[®]
- Network of Registered Dietitians

NEW Family & Self

- Club Med[®]
- Complexions RxTM
- Safe Beginnings[®]
- Selfhelpworks-program for alcohol moderation
- Selfhelpworks-program for smoking cessation
- ThingsRemembered.com[®]

Online Pharmacy

- drugstore.comTM

Vision

- EyeMed Vision Care[®]
- TruVisionTM Contact Lenses
- Vision One Eyecare Program[®]
See ad on inside back cover
- Cole Managed Vision LASIK
- TruVision LASIK
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Dental & Hearing

- BriteSmileTM
- BeltoneTM Hearing Centers
See ad on pages 24-25
- Newport Audiology Centers
See ad on this page



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