



Online Discounts that Connect to You

HealthyExtensionsSM is an invitation to save on the lifestyle and wellness products and services that matter to you. As a Blue Cross member, you are automatically eligible. Just visit www.bluecrossca.com and click on *Healthy Living*, and then select *HealthyExtensions*.

Alternative Health & Nutritional Supplements

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

Fitness & Nutrition

- GlobalFit™ Discount Fitness Club Network
- Jenny Craig
- Lindora Lean for Life®
See ad on following page
- Network of Registered Dietitians
- Selfhelpworks—program for weight loss and nutrition
- Weight Watchers Online®

Online Pharmacy

- drugstore.com™

Dental & Hearing

- BriteSmile®
- HearPo

Yoga Works offers yoga for all stages of life from relaxing to athletic and beginning to advanced.

All Blue Cross members receive 20% off single classes and new students receive 20% off first purchase of class series.



Visit www.yogaworks.com for a studio near you.

**Costa Mesa • Huntington Beach • Mission Viejo
Laguna Beach • Newport Beach • Santa Monica
Larchmont Village • Westwood • New York City**

Vision

- EyeMed Vision Care®
- TruVision™ Contact Lenses
- TruVision LASIK
See ad on outside back cover

Family & Self

- Club Med®
- Dynamic Living
- National Allergy Supply
- Safe Beginnings®
- Selfhelpworks—program for alcohol moderation
- Selfhelpworks—program for smoking cessation
- Selfhelpworks—program for stress management
- ThingsRemembered.com®
- VPI Pet Insurance

This is a discount program only. The products and services are not covered benefits under your health plan. Costs of program materials, services and/or products do not count toward calendar year copayment maximums, out-of-pocket maximums or lifetime maximums and/or plan deductibles.