

Did you know?

BlueCross BlueShield and Cigna provide discounts on health-related products and services....

BlueCross BlueShield has discounts for Jenny Craig, fitness clubs and vitamin & mineral products. The "Choose Healthy" program provides yoga tools, exercise DVDs, books, and skin care items. Additionally, you can save on acupuncture, massage therapy and chiropractic services when you go to an American Specialty Health Networks participating service provider. BC/BS members may be eligible to receive savings on LASIK surgery, eyeglasses and contacts. For more information visit: [azblue/Discounts](#) or call 800-678-9133.

CIGNA Medical & Cigna Dental members have access to the Healthy Rewards Program. The program includes savings for Weight Management and Nutrition services including: Healthyroads Weight Management Program, Registered Dietitians, Jenny Craig, Weight Watchers, and NutriSystem. Also you can receive fitness club and equipment discounts as well as the Just Walk 10,000 Steps a Day Program. Discounts are also offered on vision exams & eyewear, Lasik vision correction, hearing exams & aids. Substantial discounts are also available for acupuncture, chiropractor & therapeutic massage services, tobacco cessation, mind/body services, dental & blood pressure products and vitamins & herbal supplements. For more information visit: www.myCIGNA.com or call 800-870-3740.