



# Enjoy exclusive discounts on wellness programs and services

Being healthy doesn't have to be hard. Blue365<sup>®</sup> is a value-added program that makes health decisions easier by offering special savings on products and services from national health and wellness leaders. As an Independence Blue Cross member, access to Blue365 is included with your medical plan, so you can enjoy peace of mind, feeling in control, and having an active lifestyle.

## Savings and resources from national health and wellness leaders

Blue365 offers discounts for fitness centers, nutrition and weight management programs, laser vision correction, parent and senior care, hearing aids, and fitness apparel.

Some of the participating companies<sup>1</sup> are:

- Beltone<sup>™</sup>
- Nutrisystem<sup>®</sup>
- LasikPlus<sup>®</sup>
- QualSight<sup>®</sup> Lasik
- Reebok<sup>®</sup>
- SeniorLink<sup>™</sup> Care
- Snap Fitness<sup>™</sup>
- TruHearing<sup>SM</sup>

<sup>1</sup> Subject to change.

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**Learn more!**

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## Get help reaching your wellness goals

Whether your wellness goal is eating healthier or exercising more, you can achieve it with the help of Blue365 discounts and services. Blue365 empowers you to make healthy decisions for yourself and your loved ones by offering:

- Discounts on weight-loss and nutrition programs
- Access to a tailored, personal walking/fitness program
- Information on eldercare and caregiver options for parents and dependent family members

## Protect your baby's future health with cord blood banking

Cord blood and cord tissue collected at birth contain powerful stem cells that can help your baby fight future illness, including more than 80 life-threatening diseases. Members receive a significant discount on CorCell's® enrollment fee for cord blood banking. CorCell will store your baby's umbilical cord blood in its safe, state-of-the-art laboratory. Storing your baby's umbilical cord blood provides your family with a great medical resource that may save your baby's life.

## Special offer for members only

You will also have access to the Healthways Fitness Your Way program, which includes a discounted fitness membership, a network of health and well-being specialists, as well as other products and services. When you purchase a discounted membership at one of more than 9,000 participating fitness centers nationwide, you can receive discounts of up to 30 percent for access to a network of over 40,000 health and well-being specialists including acupuncturists, massage therapists, personal trainers, dietitians, and much more.

## Start saving today — Log on to [ibxpress.com](http://ibxpress.com)

To take advantage of Blue365, just access the Blue365 website through [ibxpress.com](http://ibxpress.com). Our exclusive discounts from leading, national brands are included at no cost to you as part of the Healthy Lifestyles<sup>SM</sup> Solutions programs.<sup>2</sup>

<sup>2</sup> Most discounts are free; some participating vendors may require an annual fee before discounts may be used. See [ibxpress.com](http://ibxpress.com) for more details on Blue365. The products and services described on these pages are neither offered nor guaranteed under the Independence contract with the Medicare program, but are made available to all enrollees who are Independence members.



Note: Blue365 offers access to savings on products that members may purchase directly from independent vendors. Blue365 does not include products covered under your Independence Blue Cross (Independence) health plans or any applicable federal health care program. To find out what is covered under your policy, call Independence at 1-800-ASK-BLUE (275-2583). The Blue Cross and Blue Shield Association (BCBSA), an association of independent Blue Cross and Blue Shield plans, may receive payments from Blue365 vendors. Neither BCBSA nor Independence recommends, endorses, warrants, or guarantees any specific Blue365 service, vendor, or product. These products are subject to change without notice. For more information about Blue365, go to [ibxpress.com](http://ibxpress.com). The products and services described herein are neither offered nor guaranteed under the Independence contract with the Medicare program. In addition, they are not subject to the Medicare appeals process.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

*healthways fitness your way*

