

MEMBER DISCOUNTS

SAVE ON NON-COVERED PRODUCTS AND SERVICES

The mind-body connection is important to the healing process. Your health care coverage includes access to a wide range of discounts on health-and-wellness-related products and services from national, well-known brands. Take a more active role in your health by using these discounts ... and save up to **30 percent**.

STARTING AN EXERCISE PROGRAM?

Get discounts on fitness centers, personal trainers, and running shoes.

THINKING ABOUT IMPROVING YOUR DIET?

Save on nutrition counseling, diet programs, and vitamin supplements.

NEED TO RELAX?

Try yoga, tai chi, or massage at discounted rates.

INTERESTED IN COMPLEMENTARY OR ALTERNATIVE MEDICINE?

Experience the benefits of acupuncture, mind-body therapies, or holistic medicine.

HAVE VISION OR HEARING ISSUES?

Buy hearing aids at discounted prices or explore eye surgery options.

GET STARTED TODAY

Log in to highmarkbcbs.com or register if it's your first visit. Click the **Member Discounts** link. Click the **Healthcare Resources**, **Healthy Choices**, and **Everyday Savings** links to find out more about the discounts available to you.

When you visit a practitioner, just show your ID card to get your discount. You are responsible for paying the practitioner directly at the time the product is purchased or the service is received.

The member discount program is separate and distinct from your health benefits plan.



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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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