



Balance your budget and healthcare needs with Blue Cross of Idaho's Blue Extras!sm, where you'll find discounts on healthcare services near you.

Blue Extras! offers discounted services, programs and products that will help you with your health, wellness and fitness goals. These extras are provided by independent sources that have agreed to offer discounted rates to you as a Blue Cross of Idaho member.

Blue Extras! provides access to discounts on products and services, that include:

- LASIK surgery
- Hearing aids
- Medical alert services
- Vision services and supplies
- Discounted fitness and wellness products
- Massage therapy
- Fitness club memberships
- Childcare and nursery items, which includes nursing supplies, car seats and infant carriers
- Orthodontic values-program offers a \$400 discount off the total cost of treatment from select providers

For more information on Blue Extras!, please visit members.bcidaho.com and select **Health & Wellness**, then **Discount Programs**.