

Blue ExtrasSM



BlueCross BlueShield
of Texas †

Experience. Wellness. Everywhere.™

Curves



Working out made easy! 30-minutes, three times per week

Curves membership discounts

A regular exercise program is vital to achieving and maintaining a healthy weight. If you're not motivated to work out or feel intimidated about joining a gym, Blue Cross and Blue Shield of Texas (BCBSTX) may have the incentive you need.

Ask yourself these questions:

- Can you spend 30 minutes a day, three times a week, to improve your quality of life?
- Would you rather exercise in an environment designed especially for women?
- Would encouragement from other women help you reach your fitness goals?
- Have you just never found a fitness club that felt right for you?
- Have you ever wished for a fitness program that was simple and fun?

If you answered yes, then Curves may suit your style. Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective resistance equipment. Curves has made exercise available to more than four million women, many of whom are in the gym for the first time.

BCBSTX members and their covered dependents can join Curves for a **special \$49.00* joining fee.**

To take advantage of this discount, simply present your BCBSTX ID card at any Curves location**. For more information, log into Blue Access® for Members at www.bcbstx.com/member, click on the **My Coverage** tab at the top, and then the **BlueExtras** link. You can also visit www.curves.com or call (800) CURVES-30.

BlueExtras arranges for members and covered dependents to have access to discounts on a variety of alternative and complementary health care services and products.

* Additional regular monthly fee applies.
** Franchisee participation and discount may vary.

Curves®

www.bcbstx.com



Program Details

Q: How do I join?

A: You must present your BCBSTX ID card at the Curves location of your choice.

Q: How do I locate the nearest Curves fitness center?

A: Log onto **www.curves.com** or call **(800) CURVES-30**.

Q: If I already participate in Curves, can I get a refund for the joining fee paid above the BCBS joining fee?

A: No. However, if you allow your membership contract to lapse, then decide to rejoin at a later date, you will be eligible for the discounted joining fee.

Q: Can I receive a discount on the monthly membership fee?

A: No, the discount only applies to the joining fee. Regular monthly fees apply.

Q: Will all Curves locations acknowledge the BCBS discount?

A: Franchisee participation and discount may vary.



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The relationship between Blue Cross and Blue Shield of Texas and Curves is that of independent contractors.

BlueExtras is a discount program available to BCBSTX members. This is NOT insurance. Some of the services offered through BlueExtras may be covered under your health plan. Please refer to your benefit booklet or call the customer service number on the back of your ID card for specific benefit information under your health plan. Use of BlueExtras does not affect your premium, nor do costs of BlueExtras' services or products count toward your plan deductible, calendar year or lifetime maximums. Discounts are only available through participating vendors.

BCBSTX does not guarantee or make any claims or recommendations regarding the services or products offered under BlueExtras. You may want to consult with your physician prior to use of these services and products.

Services and products are subject to availability by location. BCBSTX reserves the right to discontinue or change this discount program at any time without notice.

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