

Blue ExtrasSM



BlueCross BlueShield
of Texas[†]

Experience. Wellness. Everywhere.SM

Jenny Craig



Jenny Craig membership discounts

Blue Cross and Blue Shield of Texas (BCBSTX) recognizes that maintaining a healthy weight is important for your overall wellness. That's why we're pleased to offer you and your covered dependents a discounted joining fee to Jenny Craig.

The Jenny Craig program balances food, body and mind. Together with one-on-one support, Jenny Craig consultants design a personalized program that fits your lifestyle. Each day's menu includes three meals and snacks chosen from more than 75 menu items.

Choose the program that works best for you:

- **TuneUp[®] — FREE 30-day trial program***
Try Jenny Craig for 30 days! Then you can upgrade using your Blue Cross and Blue Shield discount on one of the programs described below or choose not to continue the program.
- **OnTrack[®] — 50 percent off the six-month (Gold) or one year (Platinum) programs***
This program is designed to help you get back and stay OnTrack with consistent, healthy eating and physical activity. It gives you one-on-one support to create your own healthy living plan.
- **Jenny Rewards[®] — 20 percent off the one year program***
With this program, food discounts will increase from 10-35 percent throughout the year, based on active participation.**

How to register

1. Log into Blue Access[®] for Members at www.bcbstx.com/member.
2. Click on the **My Coverage** tab at the top, and then the **BlueExtras** link.
3. Fill out the Jenny Craig registration form and click **SUBMIT**.
4. Print the special offer coupon and bring it along with your BCBSTX ID card to your local Jenny Craig Centre.

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

* Plus the cost of food. Discounts apply to joining fee only. Offer good at participating centres only. Subject to change.

** Based on active participation only.
*** Franchisee participation and discounts may vary.

The relationship between Blue Cross and Blue Shield of Texas and Jenny Craig 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.

[†]A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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