

Value-added programs and services help you take charge of your health and save money. These bonus programs complement your health plan benefits and are available to you at no extra cost. They include discounts, information and access to a variety of health-related products and services. Now that's added value beyond just health insurance. It's innovative health care designed around you.

More choices for staying healthy and saving money



Access

Health Care Management Tools and Programs

Allergy Relief

Save up to 10 percent off typical retail costs for allergy relief products designed to reduce exposure to indoor allergens such as dust, pet dander and mold. Enjoy savings on the following products:

- Air filters
- Air cleaners
- Pillow and mattress encasings
- Laundry and carpet products
- Hypoallergenic bedding

Call 1-877-362-6283 or visit www.SouthCarolinaBlues.com to purchase allergy relief products at discounted prices.

Cosmetic Surgery

Members can get cosmetic surgery at special rates for the most popular procedures. If you visit one of the participating cosmetic surgery providers, your rates on average will be 20 percent less than typical costs.

Visit the Discounts & Added Values section of www.SouthCarolinaBlues.com for more details about our cosmetic surgery discount program.

Cosmetic Dentistry

For the most popular cosmetic dentistry procedures — like whitening, veneers and bridges — simply visit one of our cosmetic dentistry partners and enjoy cost savings. After paying a one-time \$50 evaluation fee to the dentist, you'll receive 20 percent savings.

Visit our Web site for a complete list of procedures and to find a partner near you.

Global Health and Dental Care

These programs provide members the option of receiving medical and dental services at participating, accredited, overseas facilities at a fraction of the cost for receiving those services within the United States. Members traveling abroad receive assistance with surgical and dental services as well as travel arrangements.

For more information or a listing of participating facilities, call 1-877-232-0765 or visit www.SouthCarolinaBlues.com.

BBlueCross BlueShield of South Carolina does more than cover health care needs when members are sick. We also help members prevent illnesses and identify problems before they become serious. We do this by providing our members with health-related resources and information.

Access



My Health Toolkit

This online resource has a variety of tools to help you make the best decisions to better manage your benefits, your money and your health. Whether you need to locate an in-network doctor, compare the cost of prescription drugs through My Pharmacy ManagerSM or view claims information through My Insurance ManagerSM, My Health Toolkit has the resources you need. To access the following tools, visit www.SouthCarolinaBlues.com and then click on My Health Toolkit.

Personal Health Record — A confidential, online tool providing a summary of all your health information, including doctor's visits, prescriptions, lab results and much more. You also can keep track of upcoming medical appointments and print a copy of your medical history. Additional features are available, based on your benefit plan.

My Insurance Manager — Log on to access real-time details on health and dental claims. Check your benefits status, view and print your Explanation of Benefits, request ID cards, e-mail questions to customer service and more.

My Pharmacy Manager — Look up cost and consumer information regarding prescription drugs. These costs can have a big impact on your health care budget. In many cases there are less expensive options. By using generic alternatives, you can save money.

Find a Doctor — Find a network doctor or hospital across the country and around the world.

Personal Health Assessment — An online survey that helps identify risk factors and offers ways to improve your health based on your answers.

Health and Wellness Tools — These tools help prevent illness and identify problems before they become serious. They include interactive tools that help you assess, plan and track your health activities. You will also find medical information, health calculators, self-care channels and nutrition guides.

The BlueCard[®] Program

Through the BlueCard Program, you have access to a full network of doctors, health professionals and hospitals throughout the United States and worldwide. The BlueCard Program allows you to enjoy in-network discounts from health professionals when you are traveling or living out of your Blue plan's service area.

When traveling within the United States, members can enjoy the savings each local Blue plan has negotiated with physicians, health professionals and hospitals in their area. Participating U.S. physicians and facilities should file the claims on your behalf just as if you were seeing a doctor at home. The local Blue plan will forward the claim to the home plan for processing, so there is no extra paperwork for you. Pre-certification or prior authorization may be required for certain services. Call the Member Services number on your ID card for information.

To find a BlueCard physician or hospital anywhere in the United States, you can call 1-800-810-BLUE (2583) or use the Find a Doctor feature available online.

Preferred Blue[®] PPO Network

You have the freedom to see any doctor you choose. But the cost of care received from BlueCross' network of physicians, health professionals and hospitals is at a discount rate. And we pass these savings on to you. Plus, you will receive a higher level of benefits when you use a network provider.

The Preferred Blue PPO network is the largest and most complete network in South Carolina. It includes 90 percent of the state's doctors and hospitals.

To find a Preferred Blue network doctor or hospital near you, use the Find a Doctor feature on our Web site. By paying attention to health care costs today, you can help control health care premiums tomorrow.

Natural BlueSM

BlueCross members have access to the Natural Blue discount network of complementary and alternative medicine professionals. You'll have access to acupuncturists, massage therapists, chiropractors, exercise and movement specialists, and diet and supplemental advisors throughout the country. Through Natural Blue, you can also get information and discounts on magazines, day spas, fitness centers and products like nutritional supplements.

For more information and to locate a participating provider, call 1-866-656-6070. To order discounted nutritional supplements, call 1-800-931-1709. For information on all services, visit www.SouthCarolinaBlues.com.

Weight Loss

Through the Jenny Craig discount program, losing weight just got easier. Members receive discounts on memberships and the cost of food. Together with your consultant, you'll develop a comprehensive program designed to fit your lifestyle. Just present your special member coupon or member ID card to enjoy the discounts at any participating Jenny Craig Centre.

To find a location near you, call 1-800-JENNY-20 or visit www.SouthCarolinaBlues.com.



We are dedicated to offering you more choices for staying healthy and saving money.

Hearing Aid Discounts

Save up to 50 percent on hearing aids. Other benefits of the program include:

- Free hearing screenings by professional audiologists and specialists
- Complete follow-up care for one year
- Testing by trained specialists or audiologists

Visit www.SouthCarolinaBlues.com to find a participating location.

Vision ONE

You can receive vision care discounts on designer frames, bifocals and more through the Vision ONE Eyecare Program. It's easy. Just present your ID card to receive the discount at a participating optical center. There are no claims to file.

Call 1-866-559-5252 or visit www.SouthCarolinaBlues.com to find a Vision ONE center near you.

LASIK Services and Contact Lenses

Explore the possibility of life without glasses or contact lenses. Laser vision correction can help correct nearsightedness and astigmatism. We've teamed up with eye care professionals



nationwide to bring you this service at one of the most reasonable prices available. LASIK services include:

- Vision exam
- Corrective surgery
- Pre-operative care
- Post-operative care for one year

Simply show your BlueCross ID card to a participating eye care professional to receive this discount. Call 1-877-571-2020 or visit www.SouthCarolinaBlues.com for more information or to find a location near you.

Hair Restoration

If you have thinning hair, take advantage of our hair restoration discount program. Receive a discount off the cost of a hair restoration procedure that restores your own hair. Once your hair is restored, it will continue to grow naturally.

Call 1-800-510-5357 or visit www.SouthCarolinaBlues.com to find a participating location or center for this special discount program and service.

Note: Some of the products, services and information BlueCross offers through these programs are made available to members as an added value. These value-added programs can be discontinued or changed at any time without notice. They are not a part of insurance coverage or a substitute for medical advice. Your insurance coverage may already include benefits for some of the products and services available to you. So, it is important to exhaust those benefits first. (The discounts do not apply to products and services to the extent covered by your insurance.)

visit www.SouthCarolinaBlues.com
Know your options