

Learn how to receive a \$300 gym credit with our newest product, Blue Healthy Choices. *Ask your employer today and sign up now!

Blue Healthy Choices includes a lifestyle benefit that can help pay for services and programs you may already be using. And to make it as easy as possible to get and stay healthy, you can use your benefit more places than ever before.

Your benefit

Fit & Healthy Option
\$300 annual benefit

Healthy Family Option
\$100 annual benefit

Blue Healthy Choices gives you a low-cost, no-referral plan that includes worldwide coverage and personalized health coaching. You can use your lifestyle benefit at any provider you choose. **Member Rewards** providers also offer discounts up to 30 percent so you can save even more. View a full listing at excellusbcbs.com.

What it covers

- Gym membership
- Lasik eye surgery
- Teeth whitening
- Toddler gym and swim programs
- Driver education

How to use it

You choose your provider, pay for services, and **submit the reimbursement form with a receipt**. Excellus BlueCross BlueShield will reimburse you directly.

How to submit your reimbursement form

1. Copies of all bills and/or receipts for reimbursement must be enclosed with this completed lifestyle benefit reimbursement form with the following information included:
 - Name of person providing service
 - Dates of service
 - Description of service
 - Amount charged
 - Name of person receiving serviceBalance bills, canceled checks, etc., are not acceptable.
2. Reimbursement forms must be submitted within 12 months of the receiving services to be considered for payment by Excellus BlueCross BlueShield.
3. Reimbursement forms must be signed by the member.
4. Mail completed forms with bills and/or receipts to:
Excellus BlueCross BlueShield
PO Box 22999
Rochester, NY 14692

If you have questions regarding reimbursement please call our Customer Service Department at the number on the back of your identification card.