



Monday: Dad tries out new workout routine with Polar

Tuesday: Get fitted for Beltone hearing aid and call qualSight LASIK Wednesday: Mom stops by Jenny Craig atter work

Thursday: Plan workout schedule at Blue365 site

Friday: Mom will be at SNAP Fitness



Healthy. Every day.

Great discounts* and valuable information you can use all year long.





Even when you're not thinking about us.

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We understand that helping you live a healthy life means more than regular doctor visits—it's helping you find time for the things that matter most. Blue 365 is a national program that's part of your Excellus BlueCross BlueShield membership giving you exclusive access to information, discounts and savings, making it easier and more affordable to make healthy choices.

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Fitness: Save on membership, monthly fees and other services at Snap Fitness[™], Polar[®], Reebok[®], Everlast[®], Sportline[®], Men's Health, and Women's Health

Nutrition: Save on programs, products and consultations at Jenny Craig[®], eDiets[®], and Nutrisystem[®].

Vision: Save on vision products and services at Davis Vision[®], QualSight LASIK[®], and LasikPlus[®].

Hearing: Save on products from **Beltone[™]**, and True Hearing.

Complimentary and Alternative Medicine: Save on products and services from Healthyroads[™].

Explore all the healthy choices at excellusbcbs.com/Blue365





Explore all these healthy choices, discounts* and more from Blue365 at **excellusbcbs.com/Blue365**













eDiets[®]

Jenny Craig •

SPORTLINE:



Beltone





₩ Healthyroads...







Independent companies that do not provide Blue Cross and/or Blue Shield products or services and are solely responsible for the services provided. * The content, tools and discounted offers available through Blue365 are subject to change. Please visit excellus bcbs, com/blue365 for the most current progra

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