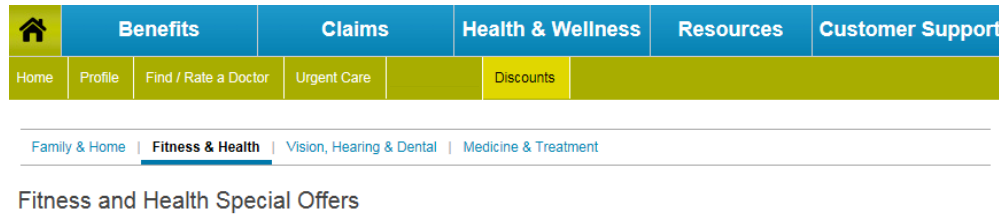


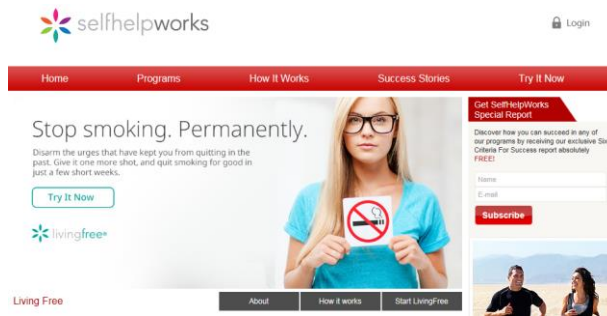
Discounts Available on Empireblue.com

How to access the discounts available to you:

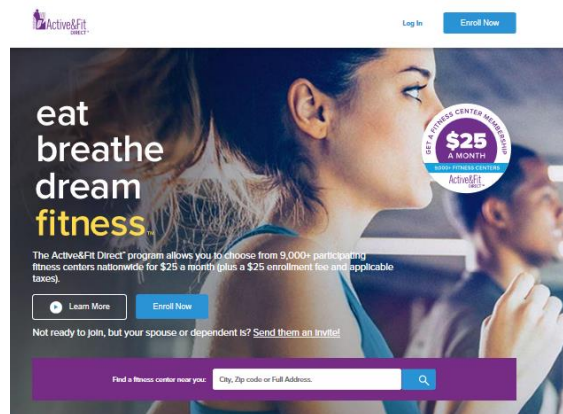
1. Log on to empireblue.com
 - a. If you have not already done so, begin with your ID card and information to create an account with a secured password. This will allow you to have access to your Empire BlueCross BlueShield benefit information.
2. Your screen will look similar to this:



3. There are discounts in multiple categories, which you are able to access through just clicking on the icons and titles shown above (Family & Home; Fitness & Health; Vision, Hearing & Dental; also Medicine & Treatment)
4. Within each category, there are multiple options for different services online or local to you.
 - a. For instance under Medicine and Treatment there are online resources for Smoking Cessation, Stress Management, Weight Management and other lifestyle behavior change resources:



5. Fitness Discounts are another example: Active & Fit will show you discounts at facilities that are local to you.



Empire's Instructions:

- A member should Log-in to their empireblue.com account, select "discounts" under "fitness & health" -- **Active & Fit** is listed. <https://www.activeandfitdirect.com/FAQ/>
- When the member clicks on the **Active & Fit** link, it brings them to the **Active & Fit** site; the member should scroll down and enter the desired zip code or city.
- For example, if they put in Poughkeepsie, NY it brings up 25 results of fitness facilities in that area. Screenshots are below.
- Members have access to multiple fitness centers in their area that are participating with **Active & Fit**.
- Members must make a 3-month commitment with the program.
- When they enroll, they get a Fitness ID number and present the ID number to the Fitness Centers they choose. They should also let them know they are with the **Active & Fit**.
- Members can use multiple facilities for just \$25 a month. They will pay \$75 when they first sign up, which includes the following:
 - \$25 for the one-time enrollment fee
 - \$25 for the current month they are enrolling in (for example, if they sign up September 1st, the \$25 will pay for the month of September)
 - \$25 for the following month (if they signed up September 1st, they would have to also pay for October)

After that, they will be charged \$25 per month for as long as they are enrolled and can use any of the participating facilities. Customer Service suggested to wait until the 1st of the month to enroll to ensure members get the **full** first month that they paid \$25 for.

6. Each discount service is located in this area of your web portal and is accessible once you log into empireblue.com.

Discover your wellness discounts on www.empireblue.com