

# 7 WAYS TO SAVE WITH YOUR BCBSRI HEALTH PLAN

**There are so many ways to save money with your Blue Cross & Blue Shield of Rhode Island (BCBSRI) health plan. Here's how to get started.**

Money Saver	What You Should Do
<p><b>1. Free fitness and nutrition classes and health screenings</b> There's no cost to take a class or attend a health screening event at any Your Blue Store<sup>SM</sup> location.</p>	<p>Visit <a href="http://bcbsri.com/yourbluestore">bcbsri.com/yourbluestore</a> to register for classes or view upcoming events.</p>
<p><b>2. Expert advice</b> The best health plan for you depends on a number of factors, such as your health and the way you like to budget. If you have a choice between BCBSRI plans at your employer, we can help you choose.</p>	<p>Call (401) 459-5000 or stop by a Your Blue Store.</p>
<p><b>3. Blue365<sup>®</sup> deals</b> Blue365 offers BCBSRI members special deals and discounts from more than 45 national wellness and lifestyle retailers.</p>	<p>Register at <a href="http://blue365deals.com">blue365deals.com</a>.</p>
<p><b>4. 10,000 gyms nationwide</b> Go to any of 10,000 gyms nationwide with Fitness Your Way by Tivity<sup>®</sup>. It's available to all BCBSRI members for \$29/month and a one-time \$29 enrollment fee.</p>	<p>Find this deal, along with many more, at <a href="http://blue365deals.com">blue365deals.com</a>.</p>
<p><b>5. My Cost Calculator</b> Use the online My Cost Calculator to see a price estimate before your next healthcare service. Depending on where you choose to receive care, the savings could be substantial.</p>	<p>Log in at <a href="http://bcbsri.com">bcbsri.com</a> and click My Cost Calculator.</p>
<p><b>6. In-network providers</b> Select in-network providers to save money.</p>	<p>Use the "Find a Doctor" tool on <a href="http://bcbsri.com">bcbsri.com</a> to locate in-network providers.</p>
<p><b>7. Lower healthcare costs</b> We collaborate and negotiate with doctors and other healthcare providers to ensure you receive high-quality care at lower costs than you'd pay without your BCBSRI plan.</p>	<p>Nothing! This is just another great benefit of being a BCBSRI member.</p>

**Find even more ways to save.**

[bcbsri.com/savemore](http://bcbsri.com/savemore)