

Employee Benefits Advisor

Helping you get the most from your benefit plans.

◆ Empire Healthy Discounts

In addition to the core medical benefits provided to you through Empire Blue Cross Blue Shield, there are a number of supplemental programs that are available to you as well. You may be interested in learning more about tapping into the network and discounts in the following areas:

◆ **Alternative Practitioners-** Through an alternative healthcare program administered by American Specialty Health Networks, you can receive discounts on services from chiropractors, acupuncturists, massage therapists and dieticians.

◆ **Wellness Products-** You can receive discounts on products such as vitamins, minerals, herbal supplements, homeopathic remedies, sports nutrition products, health-related books and videotapes, yoga aids, and skin-care items.

Log on to www.healthyroads.com or call toll-free 1-888-289-4325 to get more information on Alternative Practitioners and Wellness Programs.

◆ **Laser Vision Correction-** As an Empire member, you are eligible to receive a discount of 25% off regular price, or 5% off the advertised special (whichever is greater) when you go to a Davis Vision eye doctor.

◆ **Vision Care-** Discounts are available for eye examinations, eyeglass frames and lenses, and contact lenses.

Log on to www.davisvision.com or call 1-877-923-2847 to find a participating Davis Vision doctor for either Laser Vision Correction or Vision Care Services.

◆ **Fitness Club Membership-** You can receive preferred rates and a free one-week trial membership to any facility in the International Fitness Club Network.

Log on to www.preventure.com to find a health club near you and to print your savings certificate.

Click on "I receive this benefit", and after reading the instructions, enter "EMP" as your Login ID. From there you will be able to learn more about the program. You can also call 1-800-866-8466 for more information.

◆ **Weight Watchers Programs-** The registration fee is waived for Weight Watchers Programs in New York (except Suffolk county) and New Jersey (except Camden and Burlington counties).

Log on to www.weightwatchers.com or call 1-800-651-6000 to find a convenient location.



If you have any questions about this topic please contact your
RSI Benefit Service Specialist at 1-800-394-6111.