

Health Insurance

Did you know?

Tip of the Month

As a Regence BlueShield health care participant through the BIAW Health Insurance Program, you can receive discounts with Jenny Craig® – a well-respected weight management company? You can choose from one of three options below:

Free 30-day program:

Weekly one-on-one consultations; Planned & personalized menus which include 7 days of Jenny's Cuisine™; Weight loss support tools; Tailored activity planning; Online support and free etools. After completing the 30-day plan, you can upgrade – with the Regence discount – to one of the programs described below.

Receive 50% off the **six-month program:** Features include all of the above PLUS: Applicable weight loss manuals; Weight maintenance support

Receive 20% off the **one-year program:** Features include all of the above PLUS; \$50 off the first week of food AND another \$50 off a week of food after reaching your halfway weight; 10% product discounts

To print your Jenny Craig® coupon and or to find out more about the Weight Management Discount Program offered through Regence, go to www.regence.com/marketing/member-advantages.jsp and select Regence Advantages and then Weight Management Discount Programs.