Value Added Benefit Guide

Supplemental Vision Program
Complementary and Alternative Medicine
Wellness, Spa and Senior Services
Discounts for local area businesses
What are Value Added Items and Services?

BenefitSource, Inc. provides the services described in this booklet to at no additional monthly cost. Specified organizations in the area have agreed to provide discounts described herein.

Who is Eligible?

All enrolled Members of any BenefitSource product is eligible for this program. Enrolled dependent spouses and children are also eligible for this program.

How do I obtain services through BenefitSource Value Added Program?

Upon contacting the appropriate office to schedule an appointment, identify yourself as a BenefitSource Value Added Member to receive the specified discounts. Please visit our website, www.benefitsource.org for the most current list of contracted providers for each of the services listed in this booklet.

What Discounts and Services are available?

Detailed descriptions are provided in this booklet. A brief list of discount programs and services is:

- Vision Care
- Hearing Hardware
- Chiropractic Care
- Acupuncture
- Massage Therapy
- Spa Services
- Cryo Therapy
- Fitness Facilities
- Personal Training Services
- Non-Medical Home Health Care
- Discounts for personal services:
  - Lyon Auto Spa for automotive needs
  - Wigs by Mary Lou for discounts on hair prosthetics
  - Dave and Busters discounts for all members
  - Toltec Brewing discounts off entire check
  - Isotopes Baseball Tickets buy 1 get 1 free
  - Aesthetics and Athletics
Supplemental Vision Program

Vision Care

BenefitSource, through a special arrangement with Vision Care Direct and Eye Associates of New Mexico, provides a discounted schedule of benefits for vision services and materials.

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Member Pays</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Frames</strong></td>
<td></td>
</tr>
<tr>
<td>Frame equal to or less than $100 receives an additional 10% discount on amount over $100</td>
<td>$75.00</td>
</tr>
<tr>
<td>**Lenses (Plastic CR-30) ***</td>
<td></td>
</tr>
<tr>
<td>Single Vision – per pair</td>
<td>$72.00</td>
</tr>
<tr>
<td>Bifocal – per pair</td>
<td>$99.00</td>
</tr>
<tr>
<td>Trifocal – per pair</td>
<td>$126.00</td>
</tr>
<tr>
<td>Progressive no-line bifocals</td>
<td>30% Discount</td>
</tr>
<tr>
<td>Lens Upgrades and Add-ons including tints, anti-reflective, basic and upgrade scratch coats, material upgrade, and additional lens enhancements</td>
<td>20% Discount</td>
</tr>
<tr>
<td><strong>Sun Glasses</strong></td>
<td></td>
</tr>
<tr>
<td>Most styles</td>
<td>15% Discount</td>
</tr>
<tr>
<td><strong>Refractive Surgery Procedures</strong></td>
<td></td>
</tr>
<tr>
<td>Routine vision examination, medical examinations and medical-diagnostic procedures</td>
<td>Not Included</td>
</tr>
<tr>
<td><strong>Contact Lenses</strong></td>
<td></td>
</tr>
<tr>
<td>Contact lens evaluation and up to 3 follow-up visits must be completed within 3 months, or additional fees may apply.</td>
<td>25% Discount</td>
</tr>
<tr>
<td><strong>Disposable Contact Lenses</strong></td>
<td></td>
</tr>
<tr>
<td>2 week or 1-month replacement</td>
<td>Floor Pricing *</td>
</tr>
<tr>
<td>One Day disposable</td>
<td>Floor Pricing *</td>
</tr>
<tr>
<td>*Manufacturer mandated Floor Pricing</td>
<td></td>
</tr>
<tr>
<td><strong>Disposable Contact Lenses</strong></td>
<td></td>
</tr>
<tr>
<td>Not subject to Manufacturer Floor Pricing</td>
<td>15% Discount</td>
</tr>
<tr>
<td><strong>Individualized Contact Lenses</strong></td>
<td></td>
</tr>
<tr>
<td>Toric</td>
<td>15% Discount</td>
</tr>
<tr>
<td>Rigid Gas Permeable</td>
<td>15% Discount</td>
</tr>
<tr>
<td>All non-disposable contact lenses</td>
<td>15% Discount</td>
</tr>
<tr>
<td>Medically necessary contact lenses</td>
<td>15% Discount</td>
</tr>
<tr>
<td>Contact Lens Replacement (non-disposable)</td>
<td>15% Discount</td>
</tr>
</tbody>
</table>

*Member payment is due at time of service to receive the discounted fee schedule.*

**Buy Up Vision Plan Option:** Through a special arrangement with Vision Care Direct, BenefitSource Members may purchase enhanced vision coverage. Visit www.visioncaredirect.com for a description of additional plans to fit your vision plan needs. Use promotional code, “BenefitSource” when enrolling to receive a 10% discount off your membership fees.

Visit benefitsource.org or call 888.862.8659 or 505.237.1501 for a current list of providers and complete fee schedule.
BenefitSource provides discounts on a variety of services to meet the unique needs of senior citizens. All of these services are arranged to enable seniors to remain at home as long as possible, since that is the number one goal for today’s seniors.

**Meals on Wheels**

Meals on Wheels of Albuquerque home delivers meals to those who are home bound or otherwise unable to obtain proper, nutritional meals on their own. Seven different menu options for each day are designed to meet special medical or therapeutic needs. This program enables seniors to retain independence, maintain or improve health, and helps them stay at home and out of expensive long-term care facilities. BenefitSource members receive a 10% discount off the normal price per meal.

**Hearing Hardware**

Members are eligible to receive discounts on hearing hardware and appliances. The discounts vary by provider, but include 25% to 50% savings on hearing aids, discounts for hearing aid batteries, and fixed copayments for a complete hearing evaluation.

**Non-Medical Home Health Care**

Non-medical home health care focuses on helping seniors with daily, non-medical activities. Most of these services are not reimbursed by Medicare or other traditional medical insurance plans. BenefitSource has contracted with a variety of local home care providers to fulfill this need.

Plan Members receive a 7% savings on billed home care services including:

- Bathing and dressing
- Transferring and toileting
- Companionship and custodial care
- Medications monitoring
- Light cleaning and meal preparation
- Transportation, laundry and hobbies

When contacting any of these providers, simply inform them you are a BenefitSource Member to receive your savings.
Complementary and Alternative Medicine

This is an alternative approach to traditional medical therapies. More than half of adults in the United States report using some form of alternative medicine. BenefitSource includes chiropractic care and acupuncture in this Value-Added program to provide access to alternative approaches to health care.

Chiropractic Care

This is a form of treatment through manipulation or careful movement of various body parts. Chiropractic care can be helpful for pain management, improvement in the function of nervous, skeletal and muscular systems and improvement in mobility.

<table>
<thead>
<tr>
<th>CPT Code</th>
<th>Description</th>
<th>Fee Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>99201</td>
<td>Problem focused history and examination—straight forward</td>
<td>$11.00</td>
</tr>
<tr>
<td>99203</td>
<td>Detailed history and examination—low complexity</td>
<td>$17.00</td>
</tr>
<tr>
<td>99204</td>
<td>Comprehensive history and examination — moderate complexity</td>
<td>$17.00</td>
</tr>
<tr>
<td>98940</td>
<td>Chiropractic manipulative treatment spinal, one to two regions</td>
<td>$34.00</td>
</tr>
<tr>
<td>98941</td>
<td>Spinal, three to four regions</td>
<td>$36.00</td>
</tr>
<tr>
<td>98943</td>
<td>Extraspinal, one or more regions</td>
<td>$26.00</td>
</tr>
<tr>
<td>97012</td>
<td>Traction, Mechanical</td>
<td>$16.00</td>
</tr>
<tr>
<td>97014</td>
<td>Electrical Stimulation (unattended)</td>
<td>$16.00</td>
</tr>
<tr>
<td>97110</td>
<td>Therapeutic Exercise, 15 Min.</td>
<td>$18.00</td>
</tr>
<tr>
<td>72040</td>
<td>Cervical 3 Views (x-ray)</td>
<td>$34.00</td>
</tr>
<tr>
<td>72100</td>
<td>Spine, Lumbosacral Anteroposterior and Lateral (x-ray)</td>
<td>$34.00</td>
</tr>
</tbody>
</table>

This is an abbreviated schedule of fees for Chiropractic care. A complete fee schedule and the most current list of participating providers can be found at www.benefitsource.org.

Acupuncture

This is a traditional Chinese medicine technique that uses small, thin, sterile needles to stimulate specific points around the body. The needles are inserted into specific “reflex points” to treat conditions like neck and back pain, nausea, anxiety, depression, and insomnia. Nutritional and exercise guidance may also be included. Members pay $63 for an initial visit and $52 per visit thereafter. These Value-Added services are available for chiropractic care and acupuncture services either not covered under your medical plan or if benefits are exhausted.

Visit benefitsource.org or call 888.862.8659 or 505.237.1501 for a current list of providers and complete fee schedule.
Wellness Services

Wellness is an active process of becoming aware and making choices toward a healthy and fulfilling life. It is a process of change and growth and more than being free from illness, a state of complete physical, mental and social well-being. BenefitSource includes multiple resources to help members achieve this state of well-being.

按摩治疗

这是一种通过软组织操纵的治疗形式，有助于疼痛管理，对关节炎、运动损伤、肌筋膜疼痛、头痛、压力、循环问题、消化系统疾病和慢性或急性疼痛有帮助。瑞典按摩用于紧张缓解和循环改善。包括。

费用表

<table>
<thead>
<tr>
<th>时长</th>
<th>费用</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5小时</td>
<td>$29.00</td>
</tr>
<tr>
<td>1小时</td>
<td>$48.00</td>
</tr>
<tr>
<td>1.5小时</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

水疗服务

水疗服务包括定制按摩、面部护理、灵气、排毒服务、足部去角质、香薰蒸汽、青春焕发、有机美容产品、美容增强服务和正念冥想。参与水疗地点。费用因地点和服务而异。

 cryotherapy

全身和集中式低温疗法将身体置于低温。这有助于疼痛减轻、炎症控制并促进肌肉恢复以实现整体健康。成员在参与的低温治疗中心享有折扣服务和产品。

New Mexico Sports & Wellness

New Mexico Sports and Wellness是阿尔伯克基的顶级运动和健身设施。成员可享受$8的每月会员费折扣。体验：

- 心血管设备（跑步机、椭圆机、固定自行车、静力自行车、跑步机）
- 室内外游泳池
- 自由重量和机器重量
- 网球、篮球和篮球场
- 桑拿和热水浴
- 每周200多节团体运动课程（瑜伽、Zumba、骑行、水中舞蹈等）

美学和运动

美学和运动将为会员提供20%的水疗和健身房服务折扣。您可以享受个人教练和定制化的好处。一天试一试，花一次折扣日票或有规律的定期会员卡。

新墨西哥体育与健康

新墨西哥体育和健康是阿尔伯克基的顶级运动和健身设施。成员可享受$8的每月会员费折扣。体验：

- 心血管设备（跑步机、椭圆机、固定自行车、静力自行车、跑步机）
- 室内外游泳池
- 自由重量和机器重量
- 网球、篮球和篮球场
- 桑拿和热水浴
- 每周200多节团体运动课程（瑜伽、Zumba、骑行、水中舞蹈等）
The Canyon Club at Four Hills
Members may join the Canyon Club in Albuquerque, one of New Mexico’s premier private country clubs. Join the Golf Membership or one of the Social Membership options at a discounted rate only available to BenefitSource members. Golf members have full membership privileges of the 18-hole golf course. Social membership provides access to all dining, social activities, seminars and classes. Sports membership includes access to clubhouse, tennis, and aquatic facilities.

Golf Memberships (2020): Dues vary with age
BenefitSource members receive a $1,000 credit applied to the initiation fee.

Social Membership (2020): $29
BenefitSource members enjoy the first two months free and a 50% reduction on the initiation fee.

Sports Membership (2020): $59
BenefitSource members enjoy the first two months free and a 50% reduction on the initiation fee.
911 Four (4) Hills Road SE
Albuquerque, NM 87123
www.canyonclubgolf.com
505.299.9555

Dave and Busters welcomes all BenefitSource members with a 20% discount on all food and games.
2100 Louisiana Blvd. NE , Albuquerque, NM 87110
505.348.5157

Toltec Brewing invites BenefitSource members to enjoy 10% off the entire check.
10250 Cottonwood Park NW, Albuquerque, NM 87114
505.890.1455

Wigs by Mary Lou has been serving Albuquerque for over 52 years. Members will enjoy a free cap and brush in the private styling rooms by Mary Lou. Members will also enjoy a 15% to 20% off hair prosthetics.
2711 San Mateo Blvd. NE , Albuquerque, NM 87110
505.881.4145

Lyon Auto Spa provides year round discounts for members on automotive needs. This includes front and rear brakes for $89. Oil changes are available for $16.99 and deluxe car detailing provided for $109. Other services, such as a free inspection and financing, are available.
306 San Pedro Drive SE , Albuquerque, NM 87108
505.266.2271

Advanced Prosthetics & Orthotics provides a full range of prosthetic, orthotic, pediatric and soft goods services for patients and family members. BenefitSource members will enjoy a discounted rate for functional foot orthotics of $299, about a 25% discount. There are multiple locations throughout Albuquerque and northern New Mexico, Santa Fe, Taos, Espanola, and Las Vegas. Visit www.aponm.com for details.

ENTERTAINMENT AND LIFE ENHANCEMENT

2020 ISOTOPES BASEBALL TICKET OFFER
Buy 1 Reserved Level Ticket at Regular Price and receive another Reserved Level ticket FREE!
• Good for 2020 Regular Season
• Monday thru Thursday
• Non-Restricted Home Games
• Seating is based on availability
• Not valid for USL or other events
• Not valid July 4
• No Upgrades
• This offer is only valid at the Isotopes Park Box Office

Box Office Code: BENEFIT1(2)