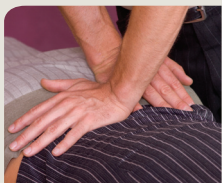


The CHP CAMaffinity Program

what is CAM? Complementary and alternative medicine (CAM) refers to health care systems and practices not generally considered part of conventional medicine; CAMaffinity encompasses chiropractic, acupuncture, naturopathic medicine, and massage therapy

about CAMaffinity CHP CAMaffinity is FREE to Regence members! It provides a 20% discount on complementary and alternative medicine services from CHP's growing network of CAM providers. To find a provider, visit www.chpgroup.com.



Chiropractic

Chiropractic is a non-invasive therapy that focuses on reducing pain and improving the function and structure of the body.



Naturopathic Medicine

Naturopathic medicine uses a wide range of natural approaches such as clinical nutrition and homeopathy to diagnose and treat patients.



Acupuncture

Acupuncture is the stimulation of specific points on the body by the insertion of thin metal needles through the skin and is used to relieve pain and reduce inflammation.



Massage Therapy

Therapeutic massage involves the manipulation of the soft tissue structures of the body to help prevent and alleviate pain, muscle discomfort, muscle spasms, and stress.



active



two Regence Advantages programs from The CHP Group

healthy



fun!

The CHP Active and Healthy Program encourages Regence members to lead active, healthy, and fun lives by providing discounts on events, businesses, services, and classes. To learn more about CHP Active and Healthy and purchase a \$15.95 annual membership go to www.clickgosave.com

Sample Discount Categories Thousands of participating businesses including:

health clubs over 600 local, regional & national clubs, including:



LA Fitness (Bally Total Fitness)

Members receive discounted initiation fees and monthly dues. Not valid at Signature Clubs.

Gold's Gym*

Members may receive a free 10-day VIP guest membership, or discount enrollment or monthly fees. (Savings vary per location.)

yoga & pilates



over 175 studios, including:

Hot Yoga, Inc. (WA)

Save 15% on all regularly priced packages

Pur Pilates (UT)

Save 20% on the purchase of 2 regularly priced equipment packages

CorePower Yoga (OR)

Save \$39 on one month of unlimited classes

sporting events

over 25 events, including:



Seattle Seahawks

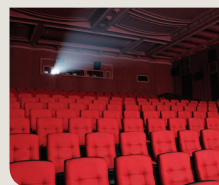
Save \$7-\$17 on select regular season game tickets

Portland Trail Blazers*

Members receive special discounted group rates and special access to tickets

movie tickets

over 1,300 theaters, including:



Regal Cinemas

\$7.50 for Regal Premier unrestricted movie tickets

Cinemark & Century Theaters

\$7.50 for Cinemark Platinum Supersaver unrestricted movie tickets

lift tickets

over 40 resorts, including:



Mt. Hood Meadows (OR)

Save \$15 on adult lift ticket

Park City Mtn Resort (UT)

Save \$29 on adult lift ticket

Stevens Pass (WA)

Save \$12 on adult lift ticket

Schweitzer Mtn Resort (ID)

Save \$10 on adult lift ticket

family attractions

over 20 locations, including:



Great Wolf Lodge (WA)

Save 20% on nightly room rates.

Oregon Coast Aquarium (OR)

Save 10% on admission

Hogle Zoo (UT)

Save \$1 on admission

Roaring Springs Waterpark (ID)

Save \$6 on Full Day tickets

weight management over 65 programs, including:



NutriSystem, Inc.

Save 10% on 28-day programs plus the predominant offer on NutriSystem.com

Jenny Craig

FREE 30 Day Program, save 25% on a Premium Program.

lodging



over 10,000 locations, including:

Red Lion Hotels

Save 20% on standard rates.

Wyndham Hotels

Save 20% on best available rate.

*Certain restrictions, conditions, and requirements may apply to a discount offer. If you have questions about a particular discount, please contact CHP Active and Healthy Customer Service by e-mail at inquiries@CHPActiveAndHealthy.com or by phone at 888-473-8339.