

The Blue ExtrasSM program provides Blue Cross of Vermont members with discounts at participating Vermont and New Hampshire businesses that promote healthy lifestyles.

BUSINESS NAME	DISCOUNT	LOCATION
AcuWell Burlington	20% off initial and follow-up acupuncture session. Bodywork and AcuFacials not included in discount.	Burlington, VT
Alpenglow Fitness	Save 50% on your first 3-classes-per-week membership. \$69 (regularly \$139).	Montpelier, VT
Artemis Fitness	10% off the first 2 months of a personal training membership.	South Burlington, VT
Ashley L Arnold, Lifestyle Health Coach	<p>Free Growth and Success toolkit for members, plus a special bonus for those who complete the modules within the kit.</p> <p>Accepting individuals and small groups into group coaching program, which combines facilitated programming, shared learning, and time for individualized focus on your growth. The 10-part group coaching structure centers on Cultivating Your Unique Brilliance in Life, Work, and Relationships. Reach out to Hello@ashleyarnold.com">Hello@ashleyarnold.com with questions or inquiries.</p>	Virtual
Bfit VT	20% off membership rates and personal training packages.	Bristol, VT
Burrows Specialized Sports	10% off non-sale merchandise (excluding current-year model bikes.)	Brattleboro, VT
Dion Snowshoes	10% off with discount code BCBSVT10.	Bennington, VT
Duke Fitness Center	\$5 off/month (\$60/yr) on memberships.	St. Albans, VT

Emerge with Amy LePage	\$25 off your choice of one of the following individual bodywork sessions or therapeutic movement private sessions. Choose a 60 or 90 minute session: - Nervous System Education & Regulation - Somatic Bodywork for Wellbeing - Screen Time & Your Body - Breath & Your Body - Your Pelvic Floor Matters - Pre or Postnatal Somatic Bodywork OR - Your first somatic movement (for all) or Prenatal Movement or Move & Breathe w/ Baby class for free.	Montpelier, VT and Online
Fit2Excel	50% off any membership for first time members	Essex Junction, VT
Green Mountain Acupuncture	25% off your first visit.	Colchester, VT
Green Mountain Oasis	20% discount on massage therapy 60 minutes or longer.	Bennington, VT
Hot Yoga Burlington VT	15% discount on all class passes using discount code: BLUECROSS/SHIELD.	Burlington, VT
Kristina Schmidt Coaching	10% off health coaching or workshops, One free 50-minute coaching session	Online
La Pêche Lingerie	25% off mastectomy bras and forms.	Manchester, VT; Keene, NH
Lucid Path Wellness	\$20 off Harmonic Ellipse® energy therapy sessions (discount can be applied to your first 6 sessions and cannot be combined with any other discounts.)	Montpelier, VT
Middlebury Fitness	50% off enrollment fee.	Middlebury, VT

OGGI BE Yoga Therapy & Rewilding	Free initial 15- or 45-minute consultation to learn more about partnering with your body for your mental health and wellness, and determine if yoga therapy is an appropriate practice for you. 10% off individual and couples yoga therapy sessions and session packages. \$300 off the three-month yoga therapy program for life change . \$5 off rewilding mindful outdoor experiences to connect to the self through nature.	South Burlington, VT
PT360	Free Aquatic, Pilates, or Yoga Class for your first visit at our Williston or Shelburne Locations (a \$20 value.)	Williston or Shelburne, VT
QOR360	10% discount off all products listed on website. Call (802) 338-8736 for coupon code.	Colchester, VT
RehabGym	10% off memberships.	Barre, Colchester, and Berlin, VT
Snap Fitness - Burlington	5% off month-to-month membership rate; 20% off membership with a purchase of a 6-month training package that is billed monthly.	Burlington, VT
Snap Fitness - Milton	5% off month-to-month membership rate; 20% off membership with a purchase of a 6-month training package that is billed monthly.	Milton, VT
Snap Fitness - Morrisville	No enrollment fee and 5% off month to month and prepaid membership rates.	Morrisville, VT
The Edgar May Health & Recreation Center	10% off membership.	Springfield, VT
The Gymnasium	Receive 10% off any membership (1, 3, or 12 Month Paid in Full Membership) OR 10% our Month to Month EFT plan. Equipment and group classes included!	Rutland, VT

The Yoga Place	10% off all yoga classes.	Bennington, VT
Thrive Center of the Green Mountains	<p>1 hour of Circle of Life certified coaching sessions at \$50 (Unlimited.)</p> <p>Three 70 or 90 - minute massage/bodywork session series for \$210 & \$270 respectively. (One series utilization, per member.)</p> <p>20% off Standard Process nutritional cleanse supplements and consultancy sessions.</p> <p>Favorable discounts available for worksite wellness programming & onsite chair massage, please inquire for further detail.</p>	Wallingford, VT
Traditional Foot Soaks	10% off a 45 minute all natural, herbal foot soak treatment	Montgomery Ctr, VT
TruHearing	<p>"Save up to 60% off retail prices, on brand name hearing aids through TruHearing.</p> <p>Includes:</p> <ul style="list-style-type: none"> • Provider visits for fitting/adjustments within 12 months of hearing aid(s) being dispensed • 80 free batteries per non-rechargeable hearing aid • 3-year loss & damage warranty (the warranty includes coverage for 1-time loss & damage replacement • 60-day risk free trial period. 	Statewide
Ultimate Fitness	10% off the purchase of a membership.	Milton, VT
Upper Valley Aquatic Center	Buy a paid-in-full annual membership and get a 13th month free.	White River Junction, Vermont

Vermont Bicycle Shop, LLC	10% off in stock regular priced parts and accessories.	Barre, VT
Vermont Salt Cave Spa & Halotherapy Center	10% discount on either a 45 minute salt cave session or 30 minute Hand and Foot Detox session upon presentation of your Blue Cross and Blue Shield of Vermont Membership Card.	Montgomery Ctr, VT
Vermont Sport and Fitness	\$50 off joining fees for an annual membership.	Rutland, VT
Vermont Sun Fitness Center	50% off enrollment fee.	Middlebury, VT
Villari's Self Defense - Cambridge Charlotte Ferrisburgh Richmond South Burlington	For New Students: \$10 off per month for six months, refer a new student that joins and receive an additional \$10 off per month for 3 months.	Cambridge, Charlotte, Ferrisburgh, Richmond, South Burlington, VT