Wake Forest Baptist Health
BestHealth

BestHealth Membership Program – Merchant Discount Participants

As a member of the BestHealth program of Wake Forest Baptist Medical Center, you can receive discounts at select merchants in the Winston-Salem area. Please show your BestHealth membership card at time of purchase. Discounts are valid for the individual member only, not groups.

ARTS

Reynolda House Museum of American Art

2250 Reynolda Rd., Winston-Salem
Phone: 336-758-5150
Web: www.reynoldahouse.org
Discount: BestHealth members purchase one adult admission and get one free. Children under 18 admitted free. Wake Forest University Baptist Medical Center employees receive free admission for employee and one guest.

RESTAURANTS AND RELATED BUSINESSES

Bayberry Bistro at the Hawthorne Inn

420 High St., Winston-Salem
Phone: 336-397-8302
Web: www.wakehealth.edu/Hawthorne-Inn/Bayberry-Bistro.htm
Discount: 20% discount in restaurant excluding special holiday promotions and alcoholic beverages.

Crosby Pub & Restaurant (Village Inn Event Center)

6205 Ramada Dr., Clemmons
Phone: 336-971-6567
Web: www.thevillageinn.com
Discount: 10% off food (excluding alcohol).

Midtown Café & Dessertery

151 S. Stratford Rd., Winston-Salem
Phone: 336-724-9800
Web: www.midtowncafews.com
Discount: Complimentary slice of plain five-flavor pound cake or cookie with purchase of full meal.

Miyabi Japanese Restaurant and Sushi Bar

5286 US Hwy 158, Advance
Phone: 336-941-3418
Web: www.Miyabijapaneses.com
Discount: 10% off excluding alcoholic beverages and gratuity.

River Birch Lodge

3324 Robinhood Rd., Winston-Salem
Phone: 336-768-1111
Web: www.riverbirchlodge.com
Discount: Complimentary order of homemade Lodge Chips –select potatoes sliced thin, seasoned and served with cilantro-lime and goat cheese peppercorn sauces -- with the purchase of an entrée $9.95 or higher.

Sweet Frog Yogurt
6297 Towncenter Drive, Clemmons
Phone: 336-778-1801
Web: www.sweetfrogyogurt.com
Discount: 20% off each cup of yogurt purchased by a BestHealth member. To receive discount show a valid BestHealth membership card.

TCBY Yogurt
5038 Peters Creek Parkway, Winston-Salem
Phone: 336-784-6101
Web: facebook.com/tcbywinston-salem
Discount: 10% off your order not valid with any other offer.

Tokyo Japanese Steakhouse
1111 Salisbury Ridge Rd., Winston-Salem
Phone: 336-722-5009
Web: www.tjsteakhouse.com
Discount: 10% off, Sunday through Thursday, holidays not included.

Wake Forest Baptist Health Food & Nutrition Services
Medical Center Boulevard, Winston-Salem
Phone: (336) 713-3009
Discount: 20% discount at the Ardmore Cafeteria

FITNESS / WELLNESS

Advocare
Online store
Phone: 336-481-9033
Web: www.championsteam21.com
Discount: Health and wellness – 20% on meal replacement shakes and Spark energy drinks.

BAM Nutrition
18 W. 1st Avenue, Suite A, Lexington
Phone: 336-843-4262
Web: www.bamnutrition.weebly.com
Discount: Free meal – including meal replacement shake, herbal tea, and mango aloe. For first time visitors!

Brittian Chiropractic Center
205 S. Stratford Road, Suite L, Winston-Salem
Phone: 336-293-8931
Web: www.brittianchiropracticcenter.com
Discount: Initial consultation with the doctors at no charge for BestHealth members.

Oak Valley Golf Club
261 Oak Valley Blvd., Advance
Phone: 336-940-2000
Web: www.oakvalleygolfclub.com
Discount: 2 pm cart fee only golf November thru March; April thru October 4pm cart fee only golf. 15% off pro shop merchandise (excludes bags, clubs).

Smiley's Golf and Learning Center
2397 W Clemmonsville Road, Winston-Salem
Phone: 336-765-7733
Web: www.smileysgolf.net
Discount: BestHealth members 50% off launch monitor golf lesson. Full computer golf lesson with information emailed along with video.

Sunrise Yoga Studio
6000 Meadowbrook Mall Ct., Suite 1, Clemmons
Phone: 336-778-1233
Web: www.sunriseyoga.net
Discount: 10% discount on any 90 day class card. New students only; may not be combined with other discounts.

Wake Forest Baptist Health Aquatic Program
Medical Center Boulevard, Winston-Salem
Phone: 336-713-8082
Web: www.wakehealth.edu/Aquatic-Programs
Discount: $5.00 off of one month or 1 free visit.

GIFTS & JEWELRY

Maxwell Jewelers
Reynolda Manor Shopping Center, 2828 Reynolda Rd., Winston-Salem
Phone: 336-724-7826
Web: www.maxwelljewelers.com
Discount: 10% off watch battery.

Wake Forest Baptist Health Gift Shop
Main Lobby, North Tower, Winston-Salem
Phone: 336-716-4466
Web: wfbgiftshop.com
Discount: 5% of all merchandise.

HOME

Grocery On Board
8025 North Point Blvd., Suite 279, Winston Salem
Phone: 336-354-3578
Web: www.groceryonboard.com
Discount: $5.00 off first delivery service.

Village Frame Shop
409 West End Boulevard, Winston-Salem
Phone: 336-724-6565
Discount: 10% off on custom framing and accessories.

PETS / BIRDING SUPPLIES

2 Spoiled Pups Mobile Grooming
Phone: 336-692-7780
Web: www.2spoiledpups.com
Discount: $5 off your pet's grooming.

Reynolda Veterinary Hospital, P.A.
2600 Reynolda Rd., Winston-Salem
Phone: 336-725-9111
Web: www.reynoldaveterinaryhospital.com
Discount: 15% off your pet's initial visit.

Wild Birds Unlimited
568 Hanes Mall Blvd., Winston-Salem
Phone: 336-774-1906
Web: http://winstonsalem.wbu.com
Discount: 20% off one item, excluding sale items.

PHOTOGRAPHY

Snyder Photography, Inc.
6269 Arden Circle, Clemmons
Phone: 336-766-6792
Web: www.snyderphoto.com
Discount: 10% discount towards total purchase.

SALONS / DAY SPAS / MASSAGE

Aeracura Salon
101 A Reynolda Village, Winston-Salem
Phone: 336-448-0792
Web: www.aeracurasalon.com
Discount: 15% off Aveda services with BestHealth membership card.

Essential Balanced Bodywork
2575 Old Glory Rd., Ste.500, Clemmons
Phone: 336-918-9343
Web: www.essentialbalancedbodywork.com
Discount: $10 off any service (Relaxation or Deep Tissue Massage, Structural Bodywork, Reflexology and Acutonics Sound Healing).

HaiRoot Non-Surgical Hair Replacement Spa
1505 Bearhollow Road, Greensboro
Phone: 336-541-6963
Web: http://HaiRoot.com
Discount: 10% off all scalp services and products. Excludes consultation and custom wigs (cannot be combined with other discounts).

Halo Aveda Salon and Spa
690 Jonestown Road, Suite 400E, Winston-Salem
Phone: 336-893-9604
Web: www.haloaveda.com
Discount: 10% off all services. Standard rate of $49/month for spa membership for BestHealth members.

Michael Fields Salon & Day Spa
3445 Robinhood Road, Ste. D, Winston-Salem
Phone: 336-760-6066
Web: www.michaelfieldsinc.com
Discount: 10% off spa service.

VanDavis Aveda Lifestyle Salon/Spa
244 S. Stratford Road, Winston-Salem
Phone: 336-761-1133
Web: www.vandavisaveda.com
Discount: 10% off on all services

WFBH Facial Plastic and Reconstructive Surgery
2341 Lewisville Clemmons Road
Phone: 336-713-3265
Web: www.wakehealth.edu/ENT/Facial-Plastic-and-Reconstructive-Surgery/corrective-skin-treatments.htm
Discount: 15% off esthetic services (Only includes services performed by esthetician. Excludes laser services)

WFBH Massage Therapy Program
Medical Center Boulevard, Winston-Salem
Phone: 336-716-8304
Web: www.wakehealth.edu/Recreation-Therapy/Massage-Therapy.htm
Discount: $5.00 off on massages 30 minutes or more (cannot be combined with any other offer)

SPORTING GOODS / APPAREL / FOOTWEAR

BE Shoes
260 South Stratford Road, Winston-Salem
Phone: 336-722-0747
Discount: 10% off all regular priced merchandise.

Fleet Feet Sports
278 Harvey Street (next to LA Fitness on Stratford Road), Winston-Salem
Phone: 336-722-8477
Web: www.fleetfeetwinston-salem.com
Discount: 10% off all regularly priced footwear, apparel and accessories.

Mainstream Boutique
110 Oakwood Drive, Ste. D, Winston-Salem & 126 Mooresville Commons Way, Ste. C, Mooresville
Phone: 336-448-1485 and 704-662-9306
Web: www.winstonsalem.mainstreamboutique.com and www.mooresville.mainstreamboutique.com
Discount: 10% off all regularly priced purchases (not to be combined with other offers/ valid on in-store purchases only).

New Balance Winston-Salem
Thruway Shopping Center, 202 S. Stratford Rd., Winston-Salem
Phone: 336-722-9559
Web: www.newbalance.com www.dunhambootmakers.com
Discount: 10% off all regularly priced footwear, apparel and accessories.

Omega Sports
414 S Stratford Road, Winston-Salem
Phone: 336-760-9172
Web: www.omegasports.net
Discount: 10% off non-sale items.

TRAVEL

Salty Dog Cruise & Travel Planners
8 Cedar Branch Drive, Thomasville
Phone: 336-476-7088
Web: www.saltydogcruiseandtravelplanners.com
Discount: $100.00 off any cruise or land package 7 days or longer.

VISION

Wake Forest Baptist Health Optical Designs – Country Club
4610 Country Club Road, Winston-Salem
Phone: 336-713-0747
Web: WakeHealth.edu/eye
Discount: 20% off eyeglass lenses and frames

Wake Forest Baptist Health Optical Designs – Janeway
Wake Forest Baptist Medical Center, Janeway Tower, 6th floor, Winston-Salem
Phone: 336-716-4888
Web: WakeHealth.edu/eye
Discount: 20% off eyeglass lenses and frames.