

It's all about you.

You're young. You're healthy. You're in shape. But hey, life is unpredictable. All it takes is one slip, one fall, one biff, and the financial pain can outweigh the physical. Whether you're laid out on the snow, sand or grass, you're going to wish we were there.

We're **Tonik**, and we offer three straight-up affordable health insurance plans to cover your A-Z. We can help protect you from just about anything - even yourself.

And, although we're young and fun, we're not a start-up by any means. **Tonik** plans are offered by [BC Life & Health Insurance Company](#) and backed by the stellar reputation of [Blue Cross of California](#). **Blue Cross** has been covering A-Zs all across California for over 65 years.

Tonik covers you for the everyday, preventive stuff (like checkups) and the more dramatic encounters. You can sign up online in mere minutes, depending on how fast you can type.

Tonik plans include coverage for:

- **Seeing a doctor**
 - **Getting generic prescription drugs**
 - **Going to the emergency room**
 - **Having surgery**
 - **Seeing a dentist**
 - **Getting eye exams, glasses or contacts**
- ...and a whole lot more.