

# MAKE YOUR FITNESS PROGRAM MEMBERSHIP WORK FOR YOU

THE FITNESS PROGRAM GIVES YOU FLEXIBLE OPTIONS TO HELP YOU LIVE A HEALTHY LIFESTYLE.



The Fitness Program is available to all HealthSelect<sup>SM</sup> participants, including those enrolled in Consumer Directed HealthSelect<sup>SM</sup>, and their covered dependents (age 16 and older).<sup>\*</sup> The program gives you access to a nationwide network of fitness locations. You can choose multiple locations, such as one location close to home and one near work, or visit locations while traveling.

## OTHER PROGRAM PERKS INCLUDE:

- **Flexible Gym Network:** A choice of gym networks to fit your budget and preferences.<sup>\*\*</sup>

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Gym Facility Network Size <sup>†</sup>	Digital Access Only	3,000	7,500	12,000	12,400
\$19 Initiation Fee (No initiation fee for Digital Only Option)					

- **Studio Class Network:** Pay-as-you-go option for classes and specialty gyms. You'll get 30% off the 10<sup>th</sup> class you attend.
- **Family Bundle Pricing:** Expands gym network access to your covered dependents at a bundled price discount.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

<sup>†</sup>Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

## FEATURES

- **Mobile App:** The Well onTarget Fitness Program app allows users to search for locations, register for studio classes and see their check-in history.
- **Complementary and Alternative Medicine (CAM) Discounts Through the WholeHealth Living Choices Program:** Save money through a nationwide network of 40,000 health and well-being providers, including acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register through your Fitness Program portal.
- **Blue Points<sup>SM</sup>:** Get 2,500 points for joining the Fitness Program, plus up to 300 additional points each week for visits to network fitness centers. HealthSelect participants can redeem up to 17,325 points each year for a wide variety of merchandise including fitness gear, wearables, electronics and camping equipment.\*\*\*
- **Web Resources:** You can go online to find fitness locations and track your visits.
- **Digital Fitness:** Stay active from the comfort of your own home. Access thousands of digital fitness videos and live classes including cardio, bootcamp, barre and yoga through an online platform. Digital access is included with Base, Core, Power and Elite memberships. Digital content is also available through a digital-only standalone plan.

## ARE YOU READY FOR FITNESS?

### It's easy to sign up:

1. Go to [www.healthselectoftexas.com](http://www.healthselectoftexas.com) and log in to Blue Access for Members<sup>SM</sup>.
2. Click "Fitness Program" under Quick Links on the left. You will be redirected to Well onTarget.
3. If you already have a Well onTarget account, you'll be automatically signed on. If you do not have an account yet, follow the prompts to create one.
4. Click "Enroll Now" in the top right.
5. Follow the prompts to join the Fitness Program.

Prefer to sign up by phone or have questions about the Fitness Program? Call the Fitness Program toll-free at **(888) 762-BLUE (2583)(TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m. CT.

## FIND FITNESS BUDDIES, TAKE A DIGITAL CLASS AND TRY SOMETHING NEW!

Join the Fitness Program today to help you reach your health and wellness goals.

# Well onTarget<sup>®</sup>

\*Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can log in and join through the primary member's account as an "additional member."

\*\*Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

\*\*\*Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward. The Fitness Program is provided by Tivity Health<sup>™</sup>, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The WholeHealth Living Choices program is administered by Tivity Health<sup>™</sup> Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

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