

FITNESS PROGRAM

The Fitness Program is available to all HealthSelectSM participants and covered dependents (ages 16 or older) and offers unlimited access to a nationwide network of more than 11,500 fitness centers. After a one-time enrollment fee of \$19 (plus tax*), participants get to choose between four no-contract membership packages. With the lowest package starting at just \$19 per month (plus tax), there's a membership option for every budget.

FEATURES		FITNESS PROGRAM PACKAGE			
Price	One-time Enrollment Fee	\$19 plus tax			
	Monthly Fee (plus tax)	Base	Core	Power	Elite
		\$19	\$29	\$39	\$99
Facilities	Gym Facilities Network Size	2,900	7,000	11,400	11,700
	Gym Chain Examples within Network	<ul style="list-style-type: none"> Planet Fitness Blink Fitness 	<ul style="list-style-type: none"> Gold's Gym Crunch Fitness Fitness 19 	<ul style="list-style-type: none"> Curves Anytime Fitness LA Fitness 	<ul style="list-style-type: none"> Life Time Fitness

- **No long-term contract:** Your membership is month to month.
- **Choose your package:** Pick the package that has the facilities and monthly membership fee that work best for you and your budget.
- **Family bundle pricing:** Get a 12% monthly fee discount by adding dependents (ages 16 or older) to the same or lower membership package. Dependents under 18 must be accompanied by an adult.
- **Studio and boutique class discount:** Use your membership to find and schedule studio and boutique classes such as yoga, sports training, dance, martial arts, Pilates and more. While your monthly membership fee does not cover the cost of these classes, you will get a 30% discount on the 10th pay-as-you-go class you purchase.
- **Complementary and Alternative Medicine discounts:** Save up to 30% on services ranging from acupuncture, massages, dietitians, and childbirth educators, to personal trainers and physical therapists.
- **Earn Blue PointsSM:** You'll earn 2,500 **Blue Points** for enrolling in the Fitness Program, and you can earn up to 300 additional Blue Points each week for visits to a Fitness Program network fitness center. HealthSelect participants can redeem up to 17,325 points each year for a wide variety of merchandise.**
- **Fitness tracker syncing:** Connect your fitness device to your **Well onTarget[®]** account to track your fitness progress. You'll earn up to 55 additional Blue Points each day for wearing your tracker to track the steps you take throughout the day!

Find a gym close to you using the gym locator by visiting: www.bcbsilforyourhealth.com.

REAP THE REWARDS OF EXERCISE

Regular physical activity is an essential part of healthy living. According to the Department of Health and Human Services¹, it can help you:

- maintain a healthy weight,
- lower your blood pressure,
- manage stress,
- increase your stamina and strength,
- improve sleep,
- reduce your risk for several diseases,
- live longer,
- reduce risk of stroke or heart attack,
- reduce risk of developing dementia,
- improve your overall health, and
- boost your energy so you can go on family outings, play sports, dance, travel and engage in other activities that can make life more enjoyable.

Remember to check with your primary care provider to find out what fitness program is right for you. To make exercising more fun and safe, consider working out with a buddy or trying something new.

Well onTarget®



ARE YOU READY FOR FITNESS?

Enroll today by calling the Fitness Program toll-free at **(888) 762-BLUE (2583) (TTY: 711)**, Monday through Friday, 8 a.m. – 9 p.m., in any U.S. time zone.

The Fitness Program is provided by Tivity Health™, 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 one-time enrollment fee and monthly membership fee for the Fitness Program are both subject to applicable taxes.

**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.

1 Source: Physical Activity Guidelines for Americans, 2nd Edition: https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=66, Department of Health and Human Services, 2018.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelect™.

750693.0720