

# The Benefits of Fitness

Blue Cross and Blue Shield of Texas has partnered with Well onTarget® to provide wellness programs and incentives, including the Fitness Program, to HealthSelect of Texas® participants.

Available to HealthSelect participants and their covered dependents (age 18 and older), the Fitness Program offers unlimited access to a nationwide network of more than 10,000 fitness centers. Choose one gym close to home and one near work, if you want. You can also visit gyms while you're on vacation or traveling for work.

## Other program perks include:

- **No long-term contract:** Your membership is month to month.
- **Low fees:** After a one-time enrollment fee of \$25 per member\*, each member then pays \$25 per month. That fee gives you full access to any and all of the gyms offered under the Fitness Program with no contract.
- **Convenient payment option:** Monthly fees are paid via automatic credit card or bank account withdrawals.
- **Complementary and Alternative Medicine discounts:** Save money through a nationwide network of 40,000 health and well-being providers, such as massage therapists, personal trainers and nutrition counselors.
- **Blue PointsSM:** An incentive program to encourage you to regularly participate in different healthy activities. HealthSelect participants can redeem up to 17,325 points each year for a wide variety of merchandise.\*\*



### WEB RESOURCES:

Find a gym close to you using the gym locator by visiting: [www.bcbsilforyourhealth.com](http://www.bcbsilforyourhealth.com).

Connect your fitness device to your Well onTarget account through the website or mobile app and track your fitness progress (for more information on Well onTarget, visit [www.healthselectoftexas.com](http://www.healthselectoftexas.com) and click on the "Health and Wellness/Incentives" tab in the left-hand menu.)

Physical Activity Tracker

I exercised for...

Cardio <input type="text" value="minutes"/>	Strength Training <input type="text" value="minutes"/>	On
Stretching <input type="text" value="minutes"/>		07/30/2019
<input type="button" value="Update"/>		

Latest Values

Cardio	Strength Training	Stretching
30	5	10
minutes July 29, 2019	minutes July 29, 2019	minutes July 29, 2019

## REAP THE REWARDS OF EXERCISE

Regular physical activity is an essential part of healthy living. According to the Department of Health and Human Services<sup>1</sup>, 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.

## ARE YOU READY FOR FITNESS?

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

# Well onTarget®

\* 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.

<sup>1</sup> Source: Physical Activity Guidelines for Americans, 2nd Edition: [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=66](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=66), Department of Health and Human Services, 2018.

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.

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<sup>SM</sup>.

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It's important to make fitness fun and safe. Check with your health care provider to find out what fitness program is right for you. Consider working out with a buddy or trying something new.