

## 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 of Texas<sup>®</sup> medical 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 digital and in-person 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.

### FEATURES

- **Mobile App:** The Well onTarget<sup>®</sup> Fitness Program app allows users to search for locations, register for studio classes and see their check-in history.
- **Complementary and Alternative Medicine Discounts:** Save money on services from health and well-being providers in the Choices by WholeHealth Living discount network, including acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register through your Fitness Program portal.
- **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.
- **Flexible Gym Network:** A choice of gym networks to fit your budget and preferences.

### OTHER PROGRAM PERKS INCLUDE:

- **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.

# 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.

MEMBERSHIP TIER	DIGITAL	BASE	CORE	POWER	ELITE	PRO	SIGNATURE	PREMIER
Per Month Rate	\$10	\$19	\$29	\$39	\$129	\$159	\$199	\$239
Access To Digital Fitness	X	X	X	X	X	X	X	X
Unlimited Access to Base Gyms		X	X	X	X	X	X	X
Unlimited Access to Core Gyms			X	X	X	X	X	X
Unlimited Access to Power Gyms				X	X	X	X	X
Access To One Elite Home Plus Unlimited Access To Lower Tier Gyms					X			
Access To One Pro Home Gym Plus Unlimited Access To Lower Tier Gyms						X		
Access To One Signature Home Gym Plus Unlimited Access To Lower Tier Gyms							X	
Access To One Premier Home Gym Plus Unlimited Access To Lower Tier Gyms								X

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

## ARE YOU READY FOR FITNESS?

### For step-by-step instructions to sign up for the Fitness Program online:

1. Go to [healthselectoftexas.com](https://healthselectoftexas.com).
2. From the left menu, click on "Wellness Resources."
3. Click on "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.

\*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."

The WholeHealth Living Choices program is administered by Tivity Health™ 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® and Consumer Directed HealthSelect<sup>SM</sup>.

756068.1224