



Make Your Fitness Program Membership Work for You!

The Fitness Program gives you flexible options to help you live a healthy lifestyle.

As a TRS-ActiveCare participant, the Fitness Program is available exclusively to you and your covered dependents (age 16 and older).* The program gives you access to a nationwide network of fitness locations. There's also a new digital only option!

Before committing to a gym, make sure it's operating under health and safety guidelines for COVID-19. Please call the gym you're interested in to see what precautions they have in place to keep you safe while you exercise.

Other perks include:

- **Flexible Gym Network:** A choice of gyms to fit your budget and preferences.**

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

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Workout with members of your family, including covered dependents.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

† 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:** Search locations, register for classes, check-in at the gym and see your activity history.
- **Real-Time Data:** Track your progress to see how many classes you've completed or how many goals you've reached.
- **Complementary and Alternative Medicine (CAM) Discounts through the Whole Health Living Choices Program:** Save money through a network of 40,000 wellbeing providers, such as acupuncturists, massage therapists and personal trainers. Register at www.whlchoices.com.
- **Blue PointsSM:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits.***
- **Web Resources:** 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. Digital access is included with Base, Core, Power and Elite memberships. You can also exclusively join the Digital Only plan.

Are You Ready for Fitness?

It's easy to sign up:

1. Go to www.bcbstx.com/trsactivecare, and log in to Blue Access for MembersSM.
2. Under **Quick Links**, choose **Fitness Program**.
3. Click **Enroll Now**. Then search for and select the fitness program and location that are best for you. Remember, you can visit any participating fitness location in your plan after sign up. You can also choose the Digital Only plan.
4. Verify your personal information and method of payment. Print or download your membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

You can also sign up for the Fitness Program by calling **1-888-762-BLUE (2583)** Monday through Friday, 7 a.m. to 7 p.m. Personal Health Guides are available at **1-866-355-5999**, 24 hours a day, seven days a week for questions.



Find fitness buddies, take a digital class and try something new!
Join the Fitness Program today to help reach your health and wellness goals.

*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 login 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.

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.

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. WholeHealth Living is an online discount program owned and operated by Tivity Health.