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fitness your way by Tivity Health

EXPERIENCE FITNESS IN A WHOLE DIFFERENT WAY

Fitness Your Way® is your flexible, no-excuses fitness discount program brought to you by Capital Blue Cross.



Enroll in a flexible **gym package** to work out at multiple gyms[1] where you live, work, and travel. All gym packages include digital companion with **virtual classes**.

GYM PACKAGES

- Starting at just $19 a month[2] and a one-time enrollment fee of $19.
- Access to thousands of gyms[1] nationwide with no long-term contracts.
- Freedom to join as many gyms as you want.
- All digital content included.

AT-HOME WORKOUTS

- Access to Burnalong®, a gym companion in your pocket.
- On-Demand videos available 24/7, choose from 70+ categories.
- 50,000+ live virtual classes including cardio, boot camps, barre, yoga, and so much more.
- Digital-only package also available.[3]

HEALTHY LIVING DISCOUNTS[4]

- 20,000+ health and well-being specialists.
- Up to 30% off services like acupuncture, chiropractic, and nutritional counseling.
- Additional discounts on vitamins, exercise equipment, and more.

Enroll in Fitness Your Way today!

- Go to **Blue365Deals.com/fyw** to enroll in your preferred gym package and get your Fitness Your Way ID number.
- Find participating gyms with the **Gym Finder Map** at **Blue365Deals.com/fyw**.
- Take your Fitness Your Way ID number to your preferred gym.
- Sign the gym's waiver, get your gym key fob and start working out.



Always talk with your doctor before starting an exercise program.

1. Offer valid from August 1, 2025 until August 31, 2025. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the FYWPROMOAUG25 promo code at sign-up to receive the $19 off waived enrollment fee. If member selects the digital only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details. Fitness Your Way gym packages range from $19 - $239 per month plus applicable sales tax. For pricing information visit http://www.Blue365Deals.com/fyw. Limitations apply. See Program Agreement for details.

2. Without offer, Fitness Your Way enrollment fee is $19 plus applicable sales tax.

3. Fitness Your Way gym packages range from $19 - $239 per month plus applicable sales tax. For pricing information visit http://www.Blue365Deals.com/fyw. Limitations apply. See Program Agreement for details.

4. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location.

5. The digital only package is $10 per month plus applicable sales tax. For pricing information visit http://www.Blue365Deals.com/fyw. Limitations apply. See Program Agreement for details.

6. Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Services and, if applicable, discounts are subject to the terms and conditions of such third party providers. Check with the provider for details.

Important Disclosures: As part of the Fitness Your Way program (the "FYW Program"), members are provided with access to a network of participating third-party practitioners who offer discounted Integrative Health Services including, but not limited to, chiropractic, acupuncture, massage/body work services ("Integrative Health Services"). The Integrative Health Services component of the FYW Program is provided by WholeHealth Living, Inc., a wholly owned subsidiary of Tivity Health Support Services, LLC ("WHL"), with a mailing address of: ATTN: Whole Health Living, 25 S Arizona Ave, Suite #120, Chandler, AZ 85225. The FYW Program is not insurance. Discounts vary per practitioner. The FYW Program member must pay for discounted Integrative Health Services, but will receive a discount from the participating practitioner. WHL does not make payments directly to the third-party practitioners. Health care and health care related practitioners in the WHL network are not currently available to residents of California, Connecticut, Indiana, Louisiana, Montana, Nebraska, New Hampshire, Nevada, North Dakota, Oklahoma, Oregon, South Dakota, Utah, or Washington. Please visit http://www.WHLChoices.com for a complete list of practitioners available in member's state of residence.

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Blue365 offers access to savings on health and wellness products and services and other interesting items that Members may purchase from independent vendors, which are not covered benefits under your policies with your local Blue Company, its contracts with Medicare, or any other applicable federal healthcare program. These products and services will be offered to you through the entire benefit year. During the year, the independent vendors may offer additional discounts on these products and services. To find out what is covered under your policies, contact your local Blue Company. The products and services described on the Site are neither offered nor guaranteed under your Blue Company's contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding your health insurance products and services may be subject to your Blue Company's grievance process. BCBSA may receive payments from vendors providing products and services on or accessible through the Site. Neither BCBSA nor any Blue Company recommends, endorses, warrants, or guarantees any specific vendor, product or service available under or through the Blue365 Program or Site.

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