



NEW MEMBERS

Join the Fitness Program in September

Get \$10 off each month for the first two months of membership.

Are you ready to get fit this fall?

Take advantage of this special promotion during September for eligible new members of the Fitness program. Sign up from September 1 to September 30¹ and pay \$19 a month for two months. Get access to over 8,000+ locations nationwide when you enroll in the popular **Core package** and stay with the program a minimum of three months (Core package is normally \$29 per month).



Want to try out a different package?

The \$10 credit can also be applied to any of the Fitness Program's flexible gym packages during this promotion. Get access to thousands of gyms with no long-term contracts plus take virtual classes. You'll be asked to enter a coupon code **FITFALL10** at the time of checkout.¹ The Fitness Program² offers four flexible gym options from \$19 to \$99, convenience and access to a nationwide network of participating facilities so you can work out whether traveling, at home or at work.

*Based on data aggregated from various fitness tracker apps and devices, during the height of the pandemic in 2020.

The Fitness Program offers flexible options and access to a nationwide network of fitness locations. Other features of the Fitness Program include:

- Online enrollment and tracking
- Automatic monthly payment withdrawal
- A choice of gym networks and studio classes to fit your budget and preferences
- Mobile app with check-in and activity history
- Access to thousands of digital fitness videos, live classes and fitness programs³
- You can select a plan option that best suits your lifestyle based on location and facility access
- Once you join, you'll have access to all locations within the purchased plan as well as locations in any of the lower-priced plan options
- Pay-as-you-go Studio Class options are available, including Yoga, Martial Arts, Pilates and others
- Digital fitness benefit available at no extra cost. Use the new mobile app:
 - Real-time check-in/activity reporting
 - Ability to schedule and purchase studio classes
 - Explore nearby locations in the Fitness Program network
 - Track current/past studio classes
 - Easy access to membership card
- Complementary and Alternative Medicine (CAM) discounts through the WholeHealth Living Choices Program: Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register at whlchoices.com.
- Weekly Blue PointsSM for regular visits: You will earn 2,500 bonus points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.⁴



To enroll, log in to Blue Access for MembersSM (BAMSM) at bcbsil.com and search for the Fitness Program under **Wellness**. Click on **Learn More**. You will need to enter code **FITFALL10** during enrollment to join for free before September 30. If you have any questions or prefer to enroll over the phone, call **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

Reap the Rewards of Exercise

Regular physical activity is an essential part of healthy living.

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
- Improve your overall health
- 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



**EACH MONTH
FOR THE FIRST
TWO MONTHS
OF MEMBERSHIP**

“This program is amazing! I heard about it from a coworker and signed up immediately. It allows me to visit the gym close to my home as well as one with a variety of exercise classes with my friends. I believe this is the best program offered by my health plan!” – Member

1. New members must enter the coupon code, FITFALL10, to qualify for the discount until September 30. Members who do not use this coupon code will be charged the standard fee. After September 30, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers.
2. The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.
3. Digital fitness included in plan options. Or, you can select the Digital Only plan for a low monthly cost.
4. Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information. 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. The Well onTarget member rewards redemption service is provided by an independent third party.

WholeHealth Living Choices program is administered by Tivity HealthTM Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. Blue Cross and Blue Shield of Illinois makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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