

Make Your Fitness Program Membership Work for You!

Fitness can be easy, fun and affordable. Well onTarget makes it possible with the Fitness Program.

Since you are a Blue Cross and Blue Shield of Illinois member, the Fitness Program is available exclusively to you and your covered dependents (age 18 and older). The program gives you unlimited access to a nationwide network of more than 9,500 fitness locations. If you want, you can choose one gym close to home and one near work. You can visit gyms while you're on vacation or traveling for work.

Other program perks include:

- **No long-term contract:** Membership is month to month. Monthly fees are \$25 per month per member, with a one-time enrollment fee of \$25 per member.*
- **Complementary and Alternative Medicine (CAM) discounts:** Save money through a nationwide network of 40,000 health and well-being providers, such as accupuncturists, massage therapists and personal trainers.
- **Web resources:** You can go online to locate gyms and track your visits.
- **Convenient payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.



ARE YOU READY FOR FITNESS?

It's easy to sign up:

1. Go to bcbsil.com and log in to Blue Access for MembersSM.
2. Under "Quick Links," choose "Fitness Program." On this page, you can enroll, search for nearby fitness locations and learn more about the program.
3. Click "Enroll Now." Then search and select the fitness center that is best for you. Remember, you can visit any participating fitness location after you sign up.
4. Verify your personal information and method of payment. Print or download your Fitness Program membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

Prefer to sign up by phone or have questions about the Fitness Program? Just call the toll-free number [888-762-BLUE \(2583\)](tel:888-762-BLUE) Monday through Friday, between 7 a.m. and 7 p.m. CT (6 a.m. and 6 p.m. MT).



* The one-time enrollment fee and monthly membership fee for the Fitness Program are both subject to applicable taxes.

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.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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