



# 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. When you feel comfortable returning to a gym, you can choose a location close to home or work and visit locations while traveling.

Because of COVID-19, first make sure that a gym is operating under state, federal and local health and safety guidelines before committing to it to help reduce your risk of exposure. Some gyms are offering virtual workouts you can comfortably do right from home. 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	Base	Core	Power	Elite
Monthly Fee	\$19	\$29	\$39	\$99
Gym Facility Network Size†	3,000	7,500	12,000	12,400
<b>\$19 Initiation Fee</b>				

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Expanded gym access to your covered dependents, at a discount.
- **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:** Allows members to access location search, studio class registration, location check-in and activity history.
- **Real-Time Data:** Provided to the mobile app and Well onTarget® portals.
- **Complementary and Alternative Medicine (CAM) Discounts through the Whole Health Living Choices Program:** Save money through a nationwide network of 40,000 health and wellbeing providers, such as acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register at [www.whlchoices.com](http://www.whlchoices.com).
- **Blue Points<sup>SM</sup>:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.\*\*
- **Web Resources:** You can go online to find fitness locations and track your visits.



## Are You Ready for Fitness?

It's easy to sign up:

1. Go to [www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare), and log in to Blue Access for Members<sup>SM</sup>.
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 location that is best for you. Remember, you can visit any participating fitness location in your plan 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!

You can also sign up for the Fitness Program by calling **1-888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 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 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.