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 30\(^1\) 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 Program\(^2\) 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 programs
- 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 whichchoices.com.

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

$10 OFF EACH MONTH FOR THE FIRST TWO MONTHS OF MEMBERSHIP

To enroll, log in to Blue Access for MembersSM (BAMSM) at bcbstx.com/ut or bcbstx.com/utconnect and search for the Fitness Program under Wellness. Click on Learn More. You will need to enter code FITFALL10 during enrollment to join before September 30 and receive $10 off for the first two months. 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).

“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 monthly 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 Health®, 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.

WholeHealth Living Choices program is administered by Tivity HealthSM 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 Texas makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them. Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.