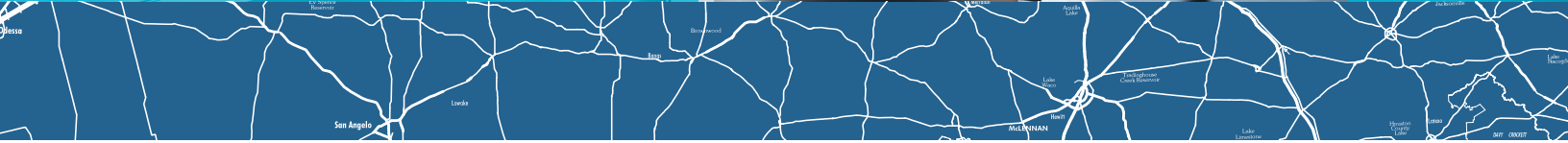


Make Your FITNESS MEMBERSHIP Work for You!



The Fitness Program gives you flexible options to help you live a healthy lifestyle.

As a TRS-ActiveCare participant, the Fitness Program is available to you and your covered dependents age 16 and older.* The program gives you access to a nationwide network of fitness locations.

You also have access to a virtual fitness program so you can stay active from the comfort and convenience of your home. You'll get full and unlimited access to live classes, digital fitness as well as wellness videos.

Well onTarget®

Flexible Gym Network

A choice of gyms to fit your budget and preferences.**

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Gym Facility Network Size†	Digital Access Only	3,000	7,500	12,000	12,400

\$19 Initiation Fee (no initiation fee for the Digital Only option)

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Work out with members of your family, including covered dependents.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

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BlueCross BlueShield of Texas

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



Features

- **Mobile App:** Search locations, register for classes, check-in at the gym and see your activity history.
- **Real-Time Data:** Track your progress to see how many classes you completed or how many goals you reached.
- **Complementary and Alternative Medicine (CAM) Discounts through the Whole Health Living Choices Program:** Save money through a network of 40,000 wellbeing providers, such as acupuncturists, massage therapists and personal trainers. Register at www.whlchoices.com.
- **Blue PointsSM:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits.***
- **Web Resources:** Go online to find fitness locations and track your visits.
- **Digital Fitness:** Stay active from the comfort of your own home! Access thousands of digital fitness videos and live classes. Base, Core, Power and Elite memberships include digital access. You can also exclusively join the Digital Only plan.

Are You Ready for Fitness?

It's easy to sign up:

1. Go to www.bcbstx.com/tractivecare, and log in to Blue Access for MembersSM.
2. Under **the Wellness tab**, choose **Fitness Program**.
3. There, you can enroll, then search for nearby fitness locations and learn more about the program. Remember, you can visit any participating fitness location in your plan after sign up. You can also choose the Digital Only plan.
4. Verify your personal information and method of payment. Print or download your membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

Find fitness buddies, take a digital 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 HealthTM, 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.