



New Member Special: Pay No Enrollment Fee When you Join the Fitness Program in September!

Beginning Sept. 1, you can join the Fitness Program without paying the \$19 enrollment fee.¹ Sign up by Sept. 30 to take advantage!

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
- 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*
- complementary and alternative medicine discounts on a variety of products and services like, acupuncture, massage therapy and personal training.

*Digital fitness included in plan options. Or, you can select the Digital Only plan for a low monthly cost.



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 make life more enjoyable

"THIS PROGRAM IS AMAZING! I HEARD ABOUT IT FROM A COWORKER AND SIGNED UP IMMEDIATELY. I CAN 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!"

- LILLY F.

To enroll, log in to Blue Access for MembersSM at www.bcbstx.com/trsactivecare and search for the Fitness Program under **Wellness**. Enter the code **SEPTSAVE24** during enrollment to join for free before Sept. 30. If you have questions or prefer to enroll over the phone, call **1-888-313-5643** Monday through Friday, between 8 a.m. and 5 p.m.

1. New members must enter the coupon code, SEPTSAVE24, to qualify for free enrollment until September 30. Members who do not use this coupon code will be charged the standard fee. After Sept. 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.

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. This program is only available in Illinois, New Mexico and Texas.

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 trade of Tivity Health, Inc.

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