

# TRS-ActiveCare FITNESS PROGRAM Special



## New Member Special: Join the Fitness Program for free in February or March.

**Beginning Feb. 1, new members can join the Fitness Program without paying the \$19 enrollment fee.<sup>1</sup> Sign up by March 31 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
- 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\*\*
- 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 **[www.whlchoices.com](http://www.whlchoices.com)**.
- Weekly Blue Points<sup>SM</sup> for regular visits: Earn 2,500 bonus points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.<sup>2</sup>

\*Calorie burn based on 150-pound person in a weight training session.

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



**BlueCross BlueShield** of Texas

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## 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 engage in activities that can make life more enjoyable

"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!"

– Bethany O.

To enroll, log in to **Blue Access for Members<sup>SM</sup>** at **[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)** and search for the Fitness Program under **Wellness**. Enter the code **WOTENROLL4FREE** during enrollment to join for free before March 31. If you have questions or prefer to enroll over the phone, call **1-888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m.

<sup>1</sup>New members must enter the coupon code, **WOTENROLL4FREE**, to qualify for free enrollment until March 31. Members who don't use this coupon code will be charged the standard fee. After March 31, 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.

<sup>2</sup>Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information. 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. The Well onTarget member rewards redemption service is provided by an independent third party.

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

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