



During the summer, we often have more time – and more motivation – to hit the gym and focus on fitness. So we wanted to take a minute to make sure you know how to use your fitness benefits.

Now is the best time to get started! **There's NO ENROLLMENT FEE in August!***

The Fitness Program

The Fitness Program included with your TRS-ActiveCare plan **is not like a normal gym membership**. You don't sign up to go to one gym, like the Crunch or 24-Hour Fitness in your neighborhood. Or even one gym network, like every Planet Fitness in Texas. **Your membership includes ALL OF THOSE GYMS, AND MORE!** Let us explain.

You want to go to LA Fitness because they have this cool recovery area, but you also love the weights at Anytime Fitness. And then there's the HIIT classes at EoS...How do you choose?



You don't have to. With The Fitness Program's **Power Package**, which is **\$39 per month**, you get access to all of these gyms, and more – there are **11,000+ gyms** in this tier! And that's not even the least expensive package.

The **Base Package** is just **\$19 per month**, and that includes **3,000+ gyms**. Want a luxury gym like Life Time or Equinox? There's a package for that, too, plus a digital-only option.

You can see all the packages [here](#).

And don't forget about [Wellness Coaching](#), which gives you access to a **FREE** personal trainer, plus other credentialed health experts for nutrition, stress management, and more.

Get Fit!

www.bcbstx.com/trsactivecare



The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

New members must enter the coupon code, AUG26FP, to qualify for free enrollment until August 31. Members who do not use this coupon code will be charged the standard fee. After August 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.

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