



# Make Your **Fitness Program** Work For You!

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

As a TRS-Care Standard 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 to stay active from home. You'll get unlimited access to live classes, digital fitness as well as wellness videos.

## 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	\$129
Gym Facility Network Size	Digital Access Only	3,000	7,500	12,000	12,400
<b>\$19 Initiation Fee (no initiation fee for the Digital Only option)</b>					

## Features

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** You and your covered dependents can choose from a wide variety of gyms and locations.

Well onTarget®



## Features

- **Mobile App:** Search locations, register for classes, check in at the gym and see your activity history.
- **Real-Time Data:** Track your progress on classes you've taken and goals you've 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](http://www.whlchoices.com).
- **Blue Points<sup>SM</sup>:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits.\*\*\*
- **Web Resources:** Find fitness locations and track your visits.
- **Digital Fitness:** Access thousands of digital fitness videos and live classes from anywhere. Digital access is included with Base, Core, Power and Elite memberships. You can also join the Digital Only plan.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

## Are You Ready for Fitness?

It's easy to sign up:

- Log in to Blue Access for Members<sup>SM</sup>
- Click on the **Wellness** tab and scroll down to find **Fitness Program**
- 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, CT.

Join the Fitness Program to 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 Health<sup>TM</sup>, 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.