



Make Your Fitness Program Membership Work for You

The Fitness Program has 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.

Stay active from home with the virtual fitness program. Get on-demand workout videos, live streams, nutrition and wellness guidance and more.

Other program perks include:

- **Flexible Gym Network:** A choice of gym networks to fit your budget and preferences.**

Base	Core	Power	Elite	Pro	Signature	Premier
\$19/mo	\$29/mo	\$39/mo	\$129/mo	\$159/mo	\$199/mo	\$239/mo
3,000+ Classic Gyms†	7,500+ Classic Gyms	11,000+ Classic Gyms	Access to 1 Luxury Gym + All 11,000+ Classic Gyms (Luxury Gyms differ by tier, 100+ available)†			
\$19 Enrollment fee						
Digital content only: video and live stream (\$10/mo)						

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Get a bundled price discount when your covered dependents join.
- **Convenient Payment:** Pay your monthly fees with automatic credit card or bank account withdrawals.

† Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

Features

- **Mobile App:** Search locations, register for classes, check in at the gym and see your activity history. Check out the Well onTarget Fitness Program mobile app, available from Apple® or Google Play™. It can help you work on your fitness goals.
- **Real-Time Data:** Provided to the mobile app and Well onTarget portal.
- **Blue PointsSM:** 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:** Digital access is included with all memberships and tiers.
- **Complementary and Alternative Medicine Discounts on a Variety of Products and Services through Choices by WholeHealth Living:** Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers.

Are You Ready for Fitness?

It's easy to sign up:

1. Go to **www.bcbstx.com/trscarestandard** and log in to Blue Access for MembersSM.
2. Select the **My Health** tab, then **Wellness** on the top navigation bar of the **Dashboard** page. Then scroll down to the **Fitness Program** section and click on **Learn More**.
3. Complete the registration form.
4. Verify your personal information and method of payment. Print or download your Fitness Program membership ID card. You may also ask us to mail your ID card.
5. Visit a fitness location today!

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.

* 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 log in 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.

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.

***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 Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The WholeHealth Living Choices program is administered by Tivity Health™ Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors.

Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

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

Well onTarget is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.