BETTER FITNESS CAN BE EASY – AND AFFORDABLE.

Helping you improve your overall health through regular fitness is important to us. We also know first hand that getting fit – and staying fit – can be a challenge. This is why BlueCross introduced FitnessBlue, a flexible, low-cost fitness program that makes living a healthier life easier than ever.

Available exclusively for you and your covered dependents, (age 18 and older) FitnessBlue provides:

- **Affordability.** One-time enrollment fee of $29 and a $29 monthly membership fee per member.

- **Unlimited access.** The nationwide network includes more than 8,000 participating fitness locations including Snap Fitness®, Curves®, YMCAs and more*.

- **Flexible membership.** No long-term contract is required – only a three-month initial commitment and unlimited use of any facility within the network.

- **Online convenience.** You can easily find fitness centers, enroll and manage your activity online.

**Take the first step**

- Go to [bcbst.com](http://bcbst.com) and click on the Health & Wellness tab

- Look for FitnessBlue

- From there you’ll be able to find fitness center locations, enroll and create a FitnessBlue account

- Download your temporary card and start exercising the same day

- Or call [1-855-515-1332](tel:1-855-515-1332) Monday through Friday, 8 a.m. – 9 p.m., in any continental U.S. time zone, to find participating facilities and enroll today.

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* Participating facilities will vary.
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