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## SUPPORT FOR A HEALTHIER LIFESTYLE

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### Regular exercise can help you:

- Achieve and maintain a healthy body weight
- Strengthen and tone muscles
- Improve cardiovascular health
- Relieve stress and sleep better
- Reduce your risk for health-related conditions

## FitnessBlue<sup>SM</sup>

### 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** 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** 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.



1 Cameron Hill Circle | Chattanooga, TN 37402 | [bcbst.com](http://bcbst.com)

For TDD/TTY help call 1-800-848-0299.

Spanish: Para obtener asistencia en Español, llame al 1-800-565-9140 | Tagalog: Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-565-9140 | Chinese: 如果需要中文的帮助, 请拨打这个号码 1-800-565-9140 | Navajo: Dine'ehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-565-9140

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