

Experience fitness in a whole different way



Fitness Your Way[®]
is your flexible,
no-excuses fitness
discount program.



Enroll¹ in one of our flexible **gym packages** to work out at multiple gyms² where you live, work, and travel, and take **virtual classes**.



Gym packages

- Starting at just \$19 a month³ and a one-time enrollment fee of \$19⁴.
- Access to thousands of gyms² nationwide with no long-term contracts.
- Freedom to join as many gyms as you want.
- All digital content included.



At-home workouts

- On-demand videos available 24/7, from cycle classes to high-intensity workouts.
- Live virtual classes including cardio, boot camps, barre, yoga, and so much more.
- Digital-only package also available for just \$10 a month³.



Healthy living discounts⁵

- 20,000+ health and well-being specialists.
- Up to 30% off services like acupuncture, chiropractic, and nutritional counseling.
- Additional discounts on vitamins, equipment, and more.

Join Fitness Your Way now.

- Go to Blue365Deals.com/FYW to enroll in your preferred gym package and get your ID number.
- Find participating gyms at FitnessYourWay.TivityHealth.com/Locations.
- Take your ID number to your preferred gym.
- Sign the gym's waiver, get your gym key fob, and start working out.

fitness your way
by Tivity Health

Always talk with your doctor before starting an exercise program.

1. Offer available to members 18 and over who have benefits with a participating Blue Cross Blue Shield health care plan.
2. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles member to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location.
3. For pricing information visit **FitnessYourWay.TivityHealth.com**. Limitations apply. See Program Agreement for details.
4. Fitness Your Way enrollment fee is \$19 plus applicable sales tax.

Important notice for fully insured individual and employer group plans in Pennsylvania: Advertised health insurance policies or programs may not cover all your healthcare expenses. Read your contract or benefit booklet (certificate of coverage) carefully to determine which healthcare services are covered. Questions? Please call 800.962.2242 or the number on the back of your ID card (TTY: 711).

Important disclosures: as part of the fitness your way by Tivity Health Program (the "FYW Program"), members are provided with access to a network of participating third-party providers who offer discounted complementary and alternative medicine services including, but not limited to, chiropractic, acupuncture, massage/body work services ("cam services"). The cam services component of the FYW Program is provided by WholeHealth Networks, Inc., A wholly owned subsidiary of Tivity Health Services, LLC ("WHN"), with a mailing address of: Attn: Whole Health Living., 1445 S Spectrum Blvd, Chandler, Arizona, 85286. The FYW Program is not insurance. The FYW Program membership fee ranges from \$19 – \$99 per month plus applicable sales taxes. Discounts vary per cam service provider. The FYW Program member must pay for discounted cam services, but will receive a discount from the participating cam service providers. WHN does not make payments directly to the third-party cam services providers. For additional information including a list of participating cam service providers, call toll-free at 888.242.2060, or visit the FYW Program website at FitnessYourWay.TivityHealth.com. Health care and health care related providers in the WHN cam services network are not currently available to residents of California, Connecticut, Delaware, Indiana, Louisiana, Montana, Nebraska, New Hampshire, Nevada, Oklahoma, Oregon, Rhode Island, South Carolina, South Dakota, Utah, Washington or West Virginia. Please visit WHLChoices.com for a complete list of available cam service providers available in member's state of residence.

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