

Get Healthy and Feel Good

As a BlueChoice HealthPlan member, you have access to Fitness Your Way by Tivity Health, a great way to get healthy and feel good on your own terms. It offers you the flexibility to work out at any network fitness location, on your time and on a budget that you can live with. It's one of the most flexible, affordable and accessible ways to adopt a healthy lifestyle and remain committed to it. You and your dependents who are 18 years of age and older are eligible.

Meet Your Goals

View your gym visits online to keep on track and stay motivated.

On Your Time

The network includes more than 10,000 national and local fitness locations.

Visit any participating location — anytime, anywhere — as often as you like.



On Your Budget

Pay only \$29 a month per person.*

* Taxes may apply. You must be at least 18 years old to purchase a membership. The enrollment fee is \$29 with a three-month commitment.

Enroll today in Fitness Your Way!

- 1) Go to www.BlueChoiceSC.com/Discounts.
- 2) Select the **I agree** link in the Blue365 section.
- 3) At the bottom of the webpage, select **Fitness** under **Deal Categories**.
- 4) Select **Details** in the **Fitness Your Way™ by Tivity Health™** section to view the Tivity discount webpage.
- 5) Select **Join** or **Sign In** and follow the prompts.

A gym locator is also available on the Tivity discount webpage.

Or enroll over the phone:

Call one of Tivity's dedicated customer service team members at 888-242-2060, Monday through Friday, 8 a.m. – 8 p.m. Eastern time.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.

Tivity Health, Inc. is an independent vendor that provides solutions to improve health and well-being on behalf of your health plan.

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