

fitness your way

by Tivity Health

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


- 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. Individuals must be at least 18 years old to purchase a membership. \$29 enrollment fee with a three-month commitment.

 Facebook.com/TivityHealthFitnessYourWay

 Share your favorite workout spot by tagging us @tivityhealthfyw or use #FitnessYourWay



Enroll today in Fitness Your Way!

- Go to www.BlueChoiceSC.com/Blue365.
- Select the I agree link.
- At the bottom of the webpage, select **Fitness** under **Deal Categories**.
- Select **View Details** in the **Tivity** section to view the Tivity discount webpage.
- Select **Login to Redeem** 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.

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



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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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