



New Member Special: Join the Fitness Program and Pay No Fee in March.

Beginning March 1, new members can join the Fitness Program and pay no enrollment fee.¹ Sign up by March 31 to get this great deal!

The Fitness Program offers flexible options and access to a nationwide network of fitness locations.

Other features of the Fitness Program include:

- Online enrollment and tracking
- Automatic monthly payment withdrawal
- A choice of gym networks and studio classes to fit your budget and preferences.
- Mobile app with check-in and activity history
- Access to thousands of digital fitness videos, live classes and fitness programs**
- Complementary and Alternative Medicine (CAM) discounts through the WholeHealth Living Choices Program: Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register at whlchoices.com.

*Calorie burn based on 150-pound person in a weight training session.

**Digital fitness included in plan options. Or, you can select the Digital Only plan for a low monthly cost.



Reap the Rewards of Exercise

Regular physical activity is an essential part of healthy living. It can help you:

- Maintain a healthy weight
- Lower your blood pressure
- Manage stress
- Increase your stamina and strength
- Improve sleep
- Reduce your risk for several diseases
- Improve your overall health
- Boost your energy so you can go on family outings, play sports, dance, travel and engage in other activities that can make life more enjoyable

**"THIS PROGRAM IS AMAZING!
I HEARD ABOUT IT FROM A COWORKER
AND SIGNED UP
IMMEDIATELY. IT ALLOWS ME TO
VISIT THE GYM CLOSE
TO MY HOME AS WELL AS ONE WITH
A VARIETY OF EXERCISE
CLASSES WITH MY FRIENDS. I BELIEVE
THIS IS THE BEST PROGRAM
OFFERED BY MY HEALTH PLAN!"**

- MEMBER

To enroll, log in to Blue Access for MembersSM (BAMSM) at bcbstx.com/ut and search for the Fitness Program under **Wellness**. You will need to enter the code **MARCHWAIVED** during enrollment to join for free before March 31. If you have any questions or prefer to enroll over the phone, call **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

¹ New members must enter the coupon code, MARCHWAIVED, to qualify for free enrollment until March 31. Members who do not use this coupon code will be charged the standard fee. After March 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers.

The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.

Blue Cross and Blue Shield of Texas makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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