

# Experience fitness in a whole different way

Fitness Your Way<sup>®</sup> is your flexible, no-excuses fitness discount program brought to you by Blue Shield of California.



Enroll in one of our flexible gym packages to work out at multiple gyms<sup>1</sup> where you live, work, and travel. All gym packages include a digital companion with virtual classes.



## Gym packages

- Starting at just \$19 a month<sup>2</sup> and a one-time enrollment fee of \$19
- Access to thousands of gyms<sup>1</sup> nationwide with no long-term contracts
- Freedom to join as many gyms as you want
- All digital content included



## At-home classes

- On-demand videos available 24/7 – choose from 70+ categories
- 50,000+ live virtual classes and instructor-led programs including yoga, mindfulness, weight loss, nutrition, and so much more
- Digital-only package also available<sup>3</sup>

## Enroll in Fitness Your Way today

- Go to [bsca.fitnessyourway.tivityhealth.com](https://bsca.fitnessyourway.tivityhealth.com) to enroll in your preferred gym package and get your member ID number.
- Find participating gyms by selecting *Locations* at [bsca.fitnessyourway.tivityhealth.com](https://bsca.fitnessyourway.tivityhealth.com) or call **(888) 835-2511**.
- Take your ID number to your preferred gym.
- Sign the gym's waiver, get your gym key fob, and start working out.

Scan the QR code with your smartphone to enroll or learn more



Always talk with your doctor before starting an exercise program.

1. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations, subject to terms and conditions of the fitness location. Facilities and amenities vary by location.
2. Fitness Your Way gym packages range from \$19 - \$239 per month plus applicable sales tax. For pricing information visit <http://www.bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.
3. The digital only package is \$10 per month plus applicable sales tax. For pricing information visit <http://www.bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.

Blue Shield of California is an independent member of the Blue Shield Association.

Tivity Health discounts are not a covered benefit of Blue Shield health plans, and none of the terms or conditions of Blue Shield health plans apply. Tivity Health discounts are available to all members with a Blue Shield medical, dental, vision, or life insurance plan. The network of Tivity Health providers and facilities in this program are managed outside of Blue Shield of California. Blue Shield does not review the services provided by Tivity Health, nor does Blue Shield make any recommendations, representations, claims, or guarantees regarding the providers, their availability, fees, services, or products.

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