

Experience fitness in a whole different way

Start now with Fitness Your Way[®] to get your \$0 enrollment offer.^{1,2} Learn more at bsca.fitnessyourway.tivityhealth.com and use code BSCPROMOMAY26 when you sign up.



Put your well-being in motion

Take steps for a more balanced life and reclaim energy with these three tips.



Establish boundaries

Whether you work from home or go into the office (or a hybrid of the two), setting boundaries is important to maintain a work-life balance. As best as you can, leave your work "at the office," even if you do work from home. Be sure to establish lines between work and personal life, and stick to them. And don't forget to take your vacation time.



Manage your time more effectively

Align your personal and professional priorities with your values. This supports productivity and ensures space for a fulfilling personal life. Balance looks different for everyone. Find what works for you and stick with it.



Spend time doing personal hobbies

Do something you love. Whether that's going to the gym, hiking, reading, painting, or anything else, make sure to create time for personal hobbies. Maybe even try something new a few times a year.

One membership. Countless options.

Fitness Your Way lets you join as many participating gyms as you want, wherever you live, work and play. Learn more at bsca.fitnessyourway.tivityhealth.com

- Multiple gym packages starting at \$19/month⁵
- Join as many participating gyms as you want and access up to 13,000+ fitness locations⁶
- Digital only package also available for just \$10 a month⁷ (all digital content included with gym packages)
- On-demand videos available 24/7 like cardio, bootcamps, barre, and yoga

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



Always talk with your doctor before starting an exercise program.

¹ Offer valid from May 1, 2026 until May 31, 2026. Offer available to residents of the United States who are at least 18 years old and have benefits with a participating health plan. Member must provide the BSCPROMOMAY26 promo code at sign-up to receive the \$19 off waived enrollment fee. If member selects the digital only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply. See Program Agreement for details.

² Without offer, Fitness Your Way enrollment fee is \$19 plus applicable sales tax.

³ <https://www.health.harvard.edu/topics/nutrition>

⁴ <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

⁵ Fitness Your Way gym packages range from \$19 - \$239 per month plus applicable sales tax. For pricing information visit <http://bsca.fitnessyourway.tivityhealth.com>. Limitations apply. See Program Agreement for details.

⁶ 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. Facilities and amenities vary by location.

⁷ The digital only package is \$10 per month plus applicable sales tax. For pricing information visit <http://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 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.

Tivity Health Services, LLC is independent of Blue Shield of California and is contracted by Blue Shield to provide solutions to improve health and well-being. Fitness Your Way and Tivity Health are registered trademarks of Tivity Health, Inc. © 2026 Tivity Health, Inc. All rights reserved. BSCA10559_0426

A57588COM_1225