



Better fitness can be easy – and affordable.

Helping you improve your overall health through regular fitness is important to us. We also know firsthand that getting fit – and staying fit – can be a challenge. This is why we introduced Fitness Your Way™, a flexible, low-cost fitness program that makes living a healthier life easier than ever.

Available exclusively for you and your covered dependents (age 18 and older), Fitness Your Way provides:

- **Affordability.** One-time enrollment fee of \$29 and a \$29 monthly membership fee per member.
- **Unlimited access.** The nationwide network includes more than 10,000 participating fitness locations.*
- **Flexible membership.** No long-term contract is required – only a three-month initial commitment and unlimited use of any facility within the network.
- **Online convenience.** You can easily find fitness centers, enroll and manage your activity online.

* Participating facilities will vary.

Take the first step

To get started, visit bcbst.com/member and register or log in to **BlueAccess**™.

- Click **Managing Your Health**.
- Select **Member Discounts & Fitness Your Way** to visit our **Blue365**™ member discounts page.
- Click **Fitness Your Way**.
- Select **View Details** then **Redeem Now**.
- From there you can find fitness center locations, enroll and create a **Fitness Your Way** account.
- Or call **1-888-242-2060**, Monday through Friday, 8 a.m. – 8 p.m. ET, to find participating facilities and enroll today.

