

# Get \$10 Off a Month Now<sup>1</sup>



Enroll now in Fitness Your Way<sup>®</sup>, your flexible fitness program brought to you by Capital Blue Cross.



**Enroll in September and pay \$19 a month<sup>1</sup>** for two months for access to over **8,000+ locations** nationwide when you enroll<sup>2</sup> in our Core package (normally \$29 a month) and stay a minimum of three months. Want to try out a different package? A credit can also be applied to any of our flexible gym packages<sup>1</sup>. Get access to thousands of gyms<sup>3</sup> with no long-term contracts, and take virtual classes.



### Gym packages

- Four gym packages available with a one-time enrollment fee of \$19<sup>2</sup>.
- Digital-only package also available for just \$10 a month<sup>4</sup> (all digital content included with gym packages).



### At-home workouts

- Access to digital content from providers like LES MILLS<sup>5</sup>, for even greater flexibility.
- On-demand videos available 24/7 and live virtual classes like cardio, boot camps, barre and yoga.



### Discounts

- 20,000+ health and well-being specialists<sup>5</sup>.
- Up to 50% off services like acupuncture, chiropractic and nutrition<sup>5</sup>.
- Additional discounts on vitamins, exercise equipment and more<sup>5</sup>.

**Join now to redeem your free month!<sup>1</sup>**

- Go to **Blue365Deals.com/fyw** to get started.
- Select your preferred package and enter promo code **TAKE10** at checkout.
- Once enrolled you can take your ID number to the gym, sign the gym's waiver, get your key fob and start working out.

Always talk with your doctor before starting an exercise program.

<sup>1</sup>Offer valid until September 30, 2022. Offer available to residents of United States who are at least 18 years old who have benefits with a participating health plan. Purchaser must provide the TAKE10 promo code at sign-up to receive \$10 off a month credit towards the first two months of membership. The \$10 off promotional value will be applied towards the monthly membership fee for two months of any gym package. Offer does not apply to one-time \$19 enrollment fee. If member selects the digital-only membership, the member will not receive the promotional offer. Member must stay a minimum of 3 months in order to receive total savings. Member will incur a \$20 fee if membership is terminated before the 3-month minimum requirement. Additional terms, conditions and limitations apply. See Program Agreement for details.

<sup>2</sup>Fitness Your Way enrollment fee is \$19 plus applicable sales tax.

<sup>3</sup>Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles member 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.

<sup>4</sup>For pricing information visit <https://fitnessyourway.tivityhealth.com/>. Limitations apply. See Program Agreement for details.

<sup>5</sup>Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Digital content providers are third party service providers. Services subject to terms and conditions of such third-party provider. Check with the provider for details.

IMPORTANT DISCLOSURES: AS PART OF THE FITNESS YOUR WAY BY TIVITY HEALTH PROGRAM (THE "FYW PROGRAM"), MEMBERS ARE PROVIDED WITH ACCESS TO A NETWORK OF PARTICIPATING THIRD-PARTY PROVIDERS WHO OFFER DISCOUNTED COMPLEMENTARY AND ALTERNATIVE MEDICINE SERVICES INCLUDING, BUT NOT LIMITED TO, CHIROPRACTIC, ACUPUNCTURE, MASSAGE/BODY WORK SERVICES ("CAM SERVICES"). THE CAM SERVICES COMPONENT OF THE FYW PROGRAM IS PROVIDED BY WHOLEHEALTH NETWORKS, INC., A WHOLLY OWNED SUBSIDIARY OF TIVITY HEALTH SERVICES, LLC ("WHN"), WITH A MAILING ADDRESS OF: ATTN: WHOLE HEALTH LIVING., 1445 S. SPECTRUM BLVD, CHANDLER, ARIZONA 85286. THE FYW PROGRAM IS NOT INSURANCE. THE FYW PROGRAM MEMBERSHIP FEE RANGES FROM \$19 – \$99 PER MONTH PLUS APPLICABLE SALES TAXES. DISCOUNTS VARY PER CAM SERVICE PROVIDER. THE FYW PROGRAM MEMBER MUST PAY FOR DISCOUNTED CAM SERVICES, BUT WILL RECEIVE A DISCOUNT FROM THE PARTICIPATING CAM SERVICE PROVIDERS. WHN DOES NOT MAKE PAYMENTS DIRECTLY TO THE THIRD-PARTY CAM SERVICES PROVIDERS. FOR ADDITIONAL INFORMATION INCLUDING A LIST OF PARTICIPATING CAM SERVICE PROVIDERS, CALL TOLL-FREE AT 888-242-2060, OR VISIT THE FYW PROGRAM WEBSITE AT <https://FITNESSYOURWAY.TIVITYHEALTH.COM>. HEALTH CARE AND HEALTH CARE RELATED PROVIDERS IN THE WHN CAM SERVICES NETWORK ARE NOT CURRENTLY AVAILABLE TO RESIDENTS OF CALIFORNIA, CONNECTICUT, DELAWARE, INDIANA, LOUISIANA, MONTANA, NEBRASKA, NEW HAMPSHIRE, NEVADA, OKLAHOMA, OREGON, RHODE ISLAND, SOUTH CAROLINA, SOUTH DAKOTA, UTAH, WASHINGTON OR WEST VIRGINIA. PLEASE VISIT [www.whlchoices.com](http://www.whlchoices.com) FOR A COMPLETE LIST OF AVAILABLE CAM SERVICE PROVIDERS AVAILABLE IN MEMBER'S STATE OF RESIDENCE.

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Blue365 offers access to savings on health and wellness products and services and other interesting items that Members may purchase from independent vendors, which are not covered benefits under your policies with Capital Blue Cross, its contracts with Medicare, or any other applicable federal healthcare program. These products and services will be offered to you through the entire benefit year. During the year, the independent vendors may offer additional discounts on these products and services. To find out what is covered under your policies, contact Capital Blue Cross. The products and services described on the Site are neither offered nor guaranteed under Capital Blue Cross' contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding your health insurance products and services may be subject to Capital Blue Cross' grievance process. BCBSA may receive payments from vendors providing products and services on or accessible through the Site. Neither BCBSA nor any Blue Company recommends, endorses, warrants, or guarantees any specific vendor, product or service available under or through the Blue365 Program or Site.

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