



BlueCross BlueShield
of North Carolina

MEDICARE

FITON
HEALTH

FitOn Health is the new fitness and health platform provided by **Blue Cross and Blue Shield of North Carolina**.

What Members Get...



- ✓ FitOn Health gives you access to 13,000+ gyms and studios, including popular gyms like O2, Life Time, YMCAs and more.*
- ✓ With **\$112 per month** to spend, you get the flexibility to choose the best fitness options for you. Use the funds on:
 - The gym(s) of your choice (even if it's not in our network!)
 - In-person classes
 - Premium FitOn equipment like yoga mats, dumbbells, and more**
- ✓ Plus, enjoy unlimited use of the digital platform with live and on-demand classes from expert instructors, activity tracking, nutrition programs and more.



Get Started with a Digital Workout!

Join FitOn Trainer Breann for
a special workout—
Low Impact HIIT.
Get your fitness journey
started today.



*Gym network subject to change. **You can only order one of each type of fitness equipment per year.

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) provides free aids to service people with disabilities as well as free language services for people whose primary language is not English. Please contact the Customer Service number on the back of your ID card for assistance. *Blue Cross and Blue Shield of North Carolina (Blue Cross NC) proporciona asistencia gratuita a las personas con discapacidades, así como servicios lingüísticos gratuitos para las personas cuyo idioma principal no es el inglés. Comuníquese con el número para servicio al cliente que aparece en el reverso de su tarjeta del seguro para obtener ayuda.* ®, SM marks of the Blue Cross Blue Shield Association. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross Blue Shield Association. All other marks are the property of their respective owners. Use of the FitOn Health service is subject to the Terms of Use and Privacy Policy, available at fitonhealth.com. Blue Cross NC contracts with independent companies to provide supplemental benefits. Those companies are responsible for the services they provide. They do not provide Blue Cross or Blue Shield products or services.



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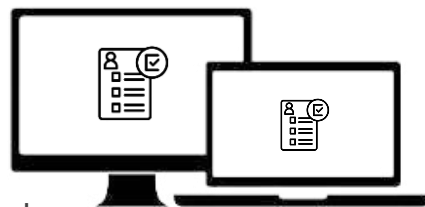
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Getting Started

How to Activate Your FitOn health account

1. Go to BlueConnectNC.com.
2. Click on the FitOn graphic on the home screen.
3. Follow the steps on the screen to activate your account.



Or call the number below.



How do I get a gym membership?

- Go to the 'In Person' tab
- Select your gym
- Gym not in network? FitOn Digital Card will be provided.



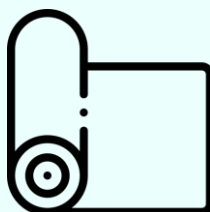
Workout at home?

- Click the 'Digital' tab
- Access FitOn's library of premium online fitness videos

Ordering Accessories- Go to:
fitonhealth.com/medicare/at-home



Sync your wearable



Get Accessories



Download FitOn App

Have Questions?

fitonhealth.com/help/medicare

help@fitonhealth.com

(855) 462-8602, Monday – Friday, 8am–9pm EST, TTY 711