

Make Your
**FITNESS
MEMBERSHIP**
Work for You!



The Fitness Program gives you flexible options to help you live a healthy lifestyle.

As a TRS-ActiveCare participant, the Fitness Program is available to you and your covered dependents age 16 and older.* The program gives you access to a nationwide network of fitness locations.

We also offer a virtual fitness program so you can stay active from home. Get unlimited access to live classes, virtual workouts and wellness videos.

Well onTarget®

Flexible Gym Network

A choice of gyms to fit your budget and preferences.**

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Gym Facility Network Size¹	Digital Access Only	3,000	7,500	12,000	12,400

\$19 Initiation Fee (no initiation fee for the Digital Only option)

- **Studio Class Network:** Boutique-style classes and specialty gyms with a pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Workout with your family members, including covered dependents.
- **Convenient Payment:** Pay your monthly fees through automatic credit card or bank account withdrawals.

¹Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.



BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



Features

- **Mobile App:** Download the **Well onTarget Fitness Program** mobile app to search for locations, sign up for a class, check in while working out, and view your activity history.
- **Web Resources:** Go online to search, sign up, check in, and view activity history at www.bcbstx.com/trsactivecare. Log in to Blue Access for MembersSM (BAMSM), then click on **Fitness Program** under the **Wellness tab**.
- **Real-Time Data:** The data from your workouts is shared to the mobile app and Well onTarget portals
- **Blue PointsSM:** Get 2,500 points for joining the Fitness Program. Earn more points for weekly visits. Redeem points for electronics, health and personal care items, home goods and more.***
- **Digital Fitness:** Access thousands of digital fitness videos and live classes including cardio, bootcamp, barre, yoga, and more. Digital access is included with Base, Core, Power and Elite memberships. You can also join the Digital Only plan.
- **Complementary and Alternative Medicine (CAM) Discounts through the Whole Health Living Choices Program:** Save money through a network of 40,000 wellbeing providers, such as acupuncturists, massage therapists and personal trainers. Log in at www.whlchoices.com.

Are You Ready to Start?

It's easy to sign up:

1. Go to www.bcbstx.com/trsactivecare, and log in to BAM.
2. Under the **Wellness tab**, choose **Fitness Program**.
3. There, you can enroll, search for nearby fitness locations and learn more about the program. Remember, you can visit any participating fitness location in your plan after sign up. You can also choose the Digital Only plan.
4. Verify your personal information and payment method. Print or download your membership ID card. You can also order an ID card by mail.
5. Visit a fitness location today!

Prefer to sign up by phone or have questions about the Fitness Program? Call a Personal Health Guide at 1-866-355-5999 available 24/7.

Well onTarget[®] is a registered trademark of Health Care Service Corporation.

*Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

**Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

***Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

The Fitness Program is provided by Tivity Health[™], an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations. WholeHealth Living is an online discount program owned and operated by Tivity Health.