



BlueCross BlueShield of Texas



New Member Special: Pay No Enrollment Fee When you Join the Fitness Program in October.

Beginning Oct. 1, new members can join the Fitness Program without paying the \$19.¹ Sign up by Oct. 31 to get this great deal!

The Fitness Program offers flexible options and access to a nationwide network of fitness locations.

Other features of the Fitness Program include:

- Online enrollment and tracking
- Automatic monthly payment withdrawal
- A choice of gym networks and studio classes to fit your budget and preferences
- Mobile app with check-in and activity history
- Access to thousands of digital fitness videos, live classes and fitness programs^{**}
- Complementary and Alternative Medicine (CAM) discounts through the WholeHealth Living Choices Program: Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. To take advantage of these discounts, register at www.whlchoices.com.
- Weekly Blue PointsSM for regular visits: You will earn 2,500 bonus points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.²

*Calorie burn based on 150-pound person in a weight training session.

**Digital fitness included in plan options. Or, you can select the Digital Only plan for a low monthly cost.

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



Reap the Rewards of Exercise

Regular physical activity is an essential part of healthy living. It can help you:

- Maintain a healthy weight
- Lower your blood pressure
- Manage stress
- Increase your stamina and strength
- Improve sleep
- Reduce your risk for several diseases
- Improve your overall health
- Boost your energy so you can go on family outings, play sports, dance, travel and engage in other activities that can make life more enjoyable

**"THIS PROGRAM IS AMAZING!
I HEARD ABOUT IT FROM A COWORKER
AND SIGNED UP
IMMEDIATELY. IT ALLOWS ME TO
VISIT THE GYM CLOSE
TO MY HOME AS WELL AS ONE WITH
A VARIETY OF EXERCISE
CLASSES WITH MY FRIENDS. I BELIEVE
THIS IS THE BEST PROGRAM
OFFERED BY MY HEALTH PLAN!"**

– MEMBER

To enroll, log in to Blue Access for MembersSM (BAMSM) at **bcbstx.com** and search for the Fitness Program under **Wellness**. You will need to enter the code **OCTOBERWAIVED** during enrollment to join for free before Oct. 31. If you have any questions or prefer to enroll over the phone, call **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

¹ New members must enter the coupon code, OCTOBERWAIVED, to qualify for free enrollment until Oct. 31. Members who do not use this coupon code will be charged the standard fee. After Oct. 31, the regular enrollment fee will apply to all new memberships. Members, and their covered dependents, must be 18 or older to join the Fitness Program. Taxes may apply. This offer may not be combined with any other offers.

² Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for further information. 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. The Well onTarget member rewards redemption service is provided by an independent third party.

WholeHealth Living Choices program is administered by Tivity HealthTM Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. This program is only available in Illinois, New Mexico and Texas.

The Fitness Program is provided by Tivity HealthTM, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.

Blue Cross and Blue Shield of Texas makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross[®], Blue Shield[®] and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.