

# EXPERIENCE FITNESS IN A WHOLE DIFFERENT WAY

Fitness Your Way® is your flexible, no-excuses fitness discount program brought to you by Blue Cross® Blue Shield® of Minnesota



Enroll in a flexible **gym package** to work out at multiple gyms<sup>1</sup> where you live, work and travel. All gym packages include digital companion with **virtual classes**.



## GYM PACKAGES

- Starting at just \$19 a month<sup>2</sup> and a one-time enrollment fee of \$19
- Access to thousands of gyms<sup>1</sup> nationwide with no long-term contracts
- Freedom to join as many gyms as you want
- All digital content included



## AT-HOME WORKOUTS

- Access to Burnalong®, a gym companion in your pocket
- On-Demand videos available 24/7, choose from 70+ categories
- 50,000+ live virtual classes including cardio, boot camps, barre, yoga and so much more
- Digital-only package also available<sup>3</sup>



## HEALTHY LIVING DISCOUNTS<sup>4</sup>

- 20,000+ health and well-being specialists
- Up to 30% off services like acupuncture, chiropractic and nutritional counseling
- Additional discounts on vitamins, exercise equipment and more

## Enroll in Fitness Your Way today!

- Go to [blue365deals.com/fyw](https://blue365deals.com/fyw) to enroll in your preferred gym package and get your Fitness Your Way ID number.
- Find participating gyms with the **Gym Finder Map** at [blue365deals.com/fyw](https://blue365deals.com/fyw).
- Take your Fitness Your Way ID number to your preferred gym.
- Sign the gym's waiver, get your gym key fob and start working out.

**JOIN NOW**



**Always talk with your doctor before starting an exercise program.**

1. Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. Fitness Your Way membership entitles members 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. 2. Fitness Your Way gym packages range from \$19 - \$99 per month plus applicable sales tax. For pricing information visit <http://www.blue365deals.com/fyw>. Limitations apply. See Program Agreement for details. 3. The digital only package is \$10 per month plus applicable sales tax. For pricing information visit <http://www.blue365deals.com/fyw>. Limitations apply. See Program Agreement for details. 4. Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Services and, if applicable, discounts are subject to the terms and conditions of such third party providers. Check with the provider for details.

**Important Disclosures:** As part of the Fitness Your Way program (the “FYW Program”), members are provided with access to a network of participating third-party practitioners who offer discounted Integrative Health Services including, but not limited to, chiropractic, acupuncture, massage/body work services (“Integrative Health Services”). The Integrative Health Services component of the FYW Program is provided by WholeHealth Living, Inc., a wholly owned subsidiary of Tivity Health Support Services, LLC (“WHL”), with a mailing address of: ATTN: Whole Health Living, 1445 S. Spectrum Blvd, Chandler, Arizona 85286. The FYW Program is not insurance. Discounts vary per practitioner. The FYW Program member must pay for discounted Integrative Health Services, but will receive a discount from the participating practitioner. WHL does not make payments directly to the third-party practitioners. Health care and health care related practitioners in the WHL network are not currently available to residents of California, Connecticut, Indiana, Louisiana, Montana, Nebraska, New Hampshire, Nevada, Oklahoma, Oregon, South Dakota, Utah, or Washington. Please visit <http://www.whlchoices.com> for a complete list of practitioners available in member’s state of residence.

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