

Experience fitness in a whole different way



Fitness Your Way[®] is your flexible, no-excuses fitness discount program brought to you by Blue Shield of California.

Enroll¹ in one of our flexible **gym packages** to work out at multiple gyms² where you live, work and travel, and take **virtual classes**.



Gym packages

- Starting at just \$19 a month³ and a one-time enrollment fee of \$19⁴
- Access to thousands of gyms² nationwide with no long-term contracts
- Freedom to join as many gyms as you want
- All digital content included

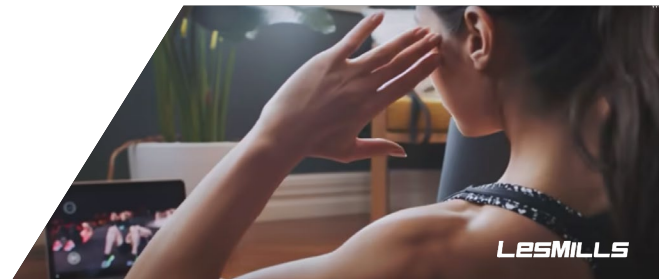


At-home workouts

- Access to BurnAlong and LES MILLS⁵
- On-Demand videos available 24/7, from cycle classes to high-intensity workouts
- Live virtual classes including cardio, boot camps, barre, yoga and so much more
- Digital-only package also available³

Join Fitness Your Way now.

- Go to fitnessyourway.tivityhealth.com/bsc to enroll in your preferred gym package and get your member ID number.
- Find participating gyms by clicking "Locations" at fitnessyourway.tivityhealth.com/bsc.
- Take your ID number to your preferred gym.
- Sign the gym's waiver, get your gym key fob and start working out.



"Fitness Your Way is convenient, reasonably priced and a fantastic program." – Irene B.

Always talk with your doctor before starting an exercise program.

1. Offer available to members 18 and over who have benefits with a participating Blue Cross Blue Shield health care plan.
2. 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.
3. For pricing information visit <https://fitnessyourway.tivityhealth.com/bsc>. Limitations apply. See Program Agreement for details.
4. Fitness Your Way enrollment fee is \$19 plus applicable sales tax.
5. Tivity Health, Inc. and its affiliates do not employ, own or operate third-party service providers. Services subject to terms and conditions of such third-party provider. Check with the provider for details.

Blue Shield of California is an independent member of the Blue Shield Association. Tivity Health discounts are not a covered benefit of Blue Shield health plans, and none of the terms or conditions of Blue Shield health plans apply. Tivity Health discounts are available to all members with a Blue Shield medical, dental, vision, or life insurance plan. The network of Tivity Health providers and facilities in this program are managed outside of Blue Shield of California. Blue Shield does not review the services provided by Tivity Health, nor does Blue Shield make any recommendations, representations, claims, or guarantees regarding the providers, their availability, fees, services, or products.

Tivity Health Services, LLC is an independent vendor that provides solutions to improve health and well-being. Fitness Your Way and Tivity Health are registered trademarks of Tivity Health, Inc. The Fitness Your Way logotype is a trademark of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. A51373-NO-SS / BSFW2687_1221