



# Make Your Fitness Program Membership Work for You!

Fitness can be easy, fun and affordable. Well onTarget makes it possible with the Fitness Program.

The Fitness Program is available exclusively to members and their covered dependents (age 18 and older). The program gives you unlimited access to a nationwide network of more than 9,000 fitness centers. If you want, you can choose one gym close to home and one near work. You can visit gyms while you're on vacation or traveling for work.

Other program perks include:

- **No long-term contract:** Membership is month to month. Monthly fees are \$25 per month per member, with a one-time enrollment fee of \$25 per member.\*
- **Complementary and Alternative Medicine (CAM) discounts:** Save money through a nationwide network of 40,000 health and well-being providers, such as massage therapists, personal trainers and nutrition counselors.
- **Blue Points<sup>SM</sup>:** Get 2,500 points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for apparel, books, electronics, health and personal care items, music and sporting goods.\*\*
- **Web resources:** You can go online to locate gyms and track your visits.
- **Convenient payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.



## 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

## ARE YOU READY FOR FITNESS?

Enroll today by calling the toll-free number [888-762-BLUE \(2583\)](tel:888-762-BLUE) Monday through Friday, from 8 a.m. to 9 p.m. in any continental U.S. time zone.



Find fitness buddies, take a class and try something new! Join the Fitness Program today to help you reach your health and wellness goals.

\* The one-time enrollment fee and monthly membership fee for the Fitness Program are both subject to applicable taxes.

\*\* 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 Healthways, Inc., an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.