



BlueCross BlueShield of Texas

UT SELECT

UT CONNECT

Extraordinary Service for Your Healthcare Needs



Research has shown that it's important to get all four types of exercise: **endurance, strength, balance and flexibility***

NEW MEMBERS

Join the Fitness Program in June

Maintain membership for two months and get the third month free!

Are you ready to get fit this summer?

Take advantage of this special promotion during June for eligible new members of the Fitness program. Sign up from June 1 to June 30 and get access to over 8,000+ locations nationwide when you enroll in any program package and stay with the program a minimum of three months.

You'll be asked to enter a coupon code **JUNEPROMO23** at the time of checkout.¹ The Fitness Program² offers four flexible gym options from \$19 to \$99, convenience and access to a nationwide network of participating facilities so you can work out whether traveling, at home or at work.

*nih.gov

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
- Mobile app with check-in and activity history
- Access to thousands of digital fitness videos, live classes and fitness programs³
- A plan option that best suits your lifestyle based on location and facility access
- 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 whlchoices.com.
- Pay-as-you-go Studio Class options are available, including Yoga, Martial Arts, Pilates and others. Digital fitness benefit available at no extra cost. Use the new mobile app:
 - Real-time check-in/activity reporting
 - Ability to schedule and purchase studio classes
 - Explore nearby locations in the Fitness Program network
 - Track current/past studio classes
 - Easy access to membership card

“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

ENROLL NOW



- To enroll, log in to Blue Access for MembersSM (BAMSM) at bcbstx.com/ut or bcbstx.com/utconnect and search for the Fitness Program under **Wellness**.
- Click on **Learn More**. You will need to enter code **JUNEPROMO23** during enrollment to get one month free before June 30.
- 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, JUNEPROMO23, to qualify for one free month until June 30, 2023. 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. 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.

3. Digital fitness included in plan options. Or, you can select the Digital Only plan for a low monthly cost (the Digital Only plan is not included in this promotion).

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. 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.

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