

Make Your Fitness Program Membership Work for You!

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

Available exclusively to members and their covered dependents (age 18 and older), the Fitness Program provides:

- **Flexible membership**, no long-term contract required. Enroll for a one-time fee of \$25 and \$25 per member per month.*
- **Unlimited access** to a nationwide network of more than 8,000 participating fitness centers.
- **Online fitness center locator** and views of your fitness center visits online.
- **Easy online enrollment**; automatic monthly payment withdrawal.

Are you ready for fitness?

Enroll today by calling 888-762-BLUE (2583) toll-free, Monday through Friday, 8 a.m. – 9 p.m., in any continental U.S. time zone.



The Fitness Program opens the door to a network of more than 8,000 fitness centers for only \$25 per month!



Rewards beyond health and fitness

Regular exercise is an essential part of healthier living. It gives you energy to participate in family activities, sports, dance, travel and other everyday events that make life more enjoyable.

- Feel good about your commitment to a better you.
- Accomplish your fitness goals.
- Maintain healthy weight.
- Lower your blood pressure.
- Minimize stress.
- Reduce your risk for other health-related diseases.
- Boost your stamina and strength.
- Improve sleep.
- Improve your overall health.



Take your card for a spin ... a lift ... or a stretch!

Make new friends, take a class and try something new! Join the Fitness Program today. Call 888-762-BLUE (2583) toll-free, Monday through Friday, 8 a.m. – 9 p.m., in any continental U.S. time zone.

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

Healthways, Inc. is an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

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