

MEMBERSHIP DISCOUNTS

GET ACCESS TO NEARLY 8,000 FITNESS LOCATIONS



ENROLL NOW TO START YOUR FITNESS PROGRAM

Whether you want to lose weight and maximize your energy, or manage stress and improve your mood, here's a great, low-cost way to meet your goals. Healthways™ Fitness Your Way allows you to join a network of fitness facilities for a discounted rate, so you can work out anywhere when it's convenient for you – at a cost that doesn't stretch your budget.

HOW TO ENROLL

Login to [HighmarkBlueShield.com](https://www.highmarkblueshield.com) (or register for access by following the instructions).

- Select "Your Coverage."
- Select "Member Discounts."
- Select "Healthy Choices" and accept the conditions.
- Select Healthways Fitness Your Way.
- Print your temporary membership card.
- Watch for your permanent card in the mail.
- Present your card at the facility you choose.

You will be billed for \$25 monthly. If you prefer, you can call 1-888-242-2060 to enroll. For member web support, please call 1-877-298-3918. The fitness center discount is separate and distinct from your health benefits plan.

HOW IT WORKS

Healthways Fitness Your Way gives you access to nearly 8,000 fitness locations, including select national chains. As a Healthways Fitness Your Way member, you can visit any participating fitness location – anytime, anywhere – as often as you like.

Pay only \$25 a month, plus a low \$25 enrollment fee, and make a three-month commitment. Do it all online. Then put your fitness plan into action.

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