

# Fitness Your Way

Get healthy and feel good on your own terms with Fitness Your Way™. The program offers you the flexibility to work out at any network fitness location, on your time and on a budget that you can live with.

Fitness Your Way is available to Blue Shield of California members through Tivity Health™. It's a flexible, affordable, and accessible way to adopt a healthy lifestyle and remain committed to it. You and your dependents who are age 18 and older are eligible.



## Meet your goals

View your gym visits online to keep on track and stay motivated.



## On your time

Network includes more than 800 fitness locations in California and over 10,000 nationally.

- Finding locations is quick and easy: visit [fitnessyourway.tivityhealth.com/bsc](https://fitnessyourway.tivityhealth.com/bsc).
- Visit any participating location – anytime, anywhere – as often as you like.



## On your budget

Pay only \$25 a month per person.\*

For eligible seniors (age 65+), SilverSneakers® offers a no-cost fitness benefit.†

## Enroll today in Fitness Your Way

- 1 Go to [fitnessyourway.tivityhealth.com/bsc](https://fitnessyourway.tivityhealth.com/bsc).
- 2 Click *Enroll*.
- 3 Complete the five easy steps to enrollment.

Or you can enroll over the phone at **(833) 283-8387**, Monday through Friday, 5 a.m. to 5 p.m. Pacific time.

\* Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

† SilverSneakers is a fitness program available at no extra cost for eligible seniors (65+) offering access to gyms, classes, and amenities. Visit [Silersneakers.com](https://Silersneakers.com) to learn more and check your eligibility.

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