

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.
- 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.
- 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 to learn more and check your eligibility.

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