



BlueCross BlueShield of Illinois

August 2021

Fitness Program Members Have More Options to Stay Fit with New Digital Features

Along with access to in-person fitness facilities, members who participate in the Well onTarget® Fitness Program receive access to **digital fitness components** to help them stay healthy and fit from anywhere they choose.

What's new? Beginning Aug. 17, 2021, members have access to Les Mills Digital Fitness in addition to BurnAlong and Prime Live digital components. These options are included in Base, Core, Power and Elite plans. Members can access all digital fitness resources through their Fitness Program portal.

Members interested only in digital fitness have the option to purchase a "Digital Only" subscription for \$10/month.

About Les Mills*. Let your employees know that members can get access to exclusive on-demand workouts led by world-class instructors to motivate and push them each step of the way. They can choose from full body weight workouts, martial arts-inspired classes and more.

Other options*. Prime Live workouts give 24/7 access to On-Demand videos, and new live classes are added each week, designed for all skill levels.

With BurnAlong, members have access to thousands of workouts and live classes, including cardio, bootcamps, barre, yoga and others.

Fitness Program plans.** With the digital components, you can offer your employees a full spectrum of choices to stay fit. The Fitness Program* offers these plans: Base, Core, Power, Elite and Digital Only at rates for different budgets and preferences. This gives members an easy way to include fitness in their daily health goals.

Ask your account executive for more information about all the plans that the Fitness Program offers.

**Les Mills and BurnAlong are third-party providers and are not owned or operated by Tivity Health or its affiliates. Fitness Program members must have internet service to access BurnAlong or Les Mills services. Internet service charges are the responsibility of Fitness Program members.*

***Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can log in and join through the primary member's account as an "additional member."*

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

Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

Blue Cross and Blue Shield of Illinois makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



bcbsil.com

 File is in portable document format (PDF). To view this file, you may need to install a PDF reader program. Most PDF readers are a free download. One option is Adobe® Reader® which has a built-in screen reader. Other Adobe accessibility tools and information can be downloaded at <http://access.adobe.com>. 

 By clicking this link, you will go to a new website/app ("site"). This new site may be offered by a vendor or an independent third party. The site may also contain non-Medicare related information. In addition, some sites may require you to agree to their terms of use and privacy policy.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

300 E. Randolph Street, Chicago, IL 60601

© Copyright 2021 Health Care Service Corporation. All Rights Reserved.