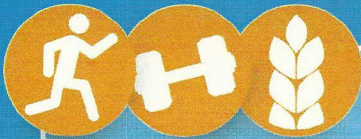


My body

I DIDN'T ORDER THIS SPARE TIRE AND I'D LIKE IT FLATTENED.



HEALTHWAYS FITNESS YOUR WAY

Healthways™ Fitness Your Way is a fitness program designed to fit around your life. Whether your goals are physical, such as losing weight and maximizing energy, or emotional, like dealing with stress and improving your mood, Healthways Fitness Your Way can help you meet your goals, on your budget and do it all on your own time. Because when it comes to improving health, we believe everyone should be able to join.

MEET YOUR GOALS — ON TIME — ON BUDGET

- Access nearly 8,000 fitness locations
- Visit any participating fitness location—anytime, anywhere—as often as you like
- Locations include select 24 Hour Fitness®, Snap Fitness®, Curves®, Bally Total Fitness®, Gold's Gym, YMCAs and more
- Only \$25 per month and a low \$25 enrollment fee, with a 3-month commitment

Enroll today!

To enroll in this program, go to your member website, choose the "Members" tab and complete the login process by entering your login ID and password. If you do not have a login ID and password, select "Register Now" and follow the instructions. Then select the "Your Coverage" tab, choose "Member Discounts", then go to "Healthy Choices." Or call 888-242-2060 for more information.

This fitness center discount program is separate and distinct from your health benefits plan.



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