

# Health bulletin

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**fitness your way**  
by Tivity Health

Blue Cross Blue Shield Arizona offers you access to 10,000+ gyms nationwide. And check this out: *Your first month enrollment fee of \$29 will be waived from March 1 until March 31.*

Fitness Your Way™ by Tivity Health™ is a great way to get healthy and feel good on your own terms. 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. It's one of the most flexible, affordable and accessible ways to adopt a healthy lifestyle and remain committed to it. You and your dependents who are 18 years of age and over are eligible.

## Meet your goals

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

## On your time


- The fitness network includes more than **10,000** national and local locations.
- Finding locations is quick and easy: Simply visit [blue365deals.com/FYW](http://blue365deals.com/FYW).
- Visit any participating location — anytime, anywhere — as often as you like.

## On your budget

- **Pay only \$29 a month** per person.\*

\*Taxes may apply. Individuals must be at least 18 years old to purchase a membership. \$29 a month requires a three-month commitment.

 [Facebook.com/TivityHealthFitnessYourWay](https://www.facebook.com/TivityHealthFitnessYourWay)

 Share your favorite workout spot by tagging us @tivityhealthfyw or use #FitnessYourWay.



## Enroll today in *fitness your way!*

1. Go to [Blue365Deals.com](http://Blue365Deals.com) and click "Log in" or "Register".
2. Under "Fitness" select "Fitness Your Way" and click on "Redeem Now".
3. You'll be directed to the Fitness Your Way landing page where you can:

- find fitness locations
- review the Frequently Asked Questions before enrolling
- enter the code **Fit4Spring** at checkout to waive your enrollment fee

Or enroll by phone: Call a dedicated customer service team member at 1-888-242-2060 Monday through Friday, 8 a.m. – 8 p.m. Eastern time zone. The representative can answer your questions and redeem your Fit4Spring code.

**Celebrate!**  
**National**  
**Kidney**  
**Month!**

 **National Kidney Month** [www.kidney.org](http://www.kidney.org)

Check It Out!



Lost Medical ID?  
Learn how to order a  
replacement.  
Check out our website!  
[www.svc.kairoshealthaz.org](http://www.svc.kairoshealthaz.org)

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