



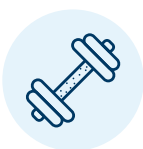
Because Life.™

Get ready

for FitOn, Highmark's fitness benefit.



FitOn gives you a monthly credit allowance to use for **gym memberships** and **in-person fitness classes**. You also get access to a **digital library** of content, including:



Wellness classes to help you build healthy habits.



Meal planning resources with 500+ exclusive recipes.



Educational courses for managing chronic conditions.



Mindfulness exercises to lower stress and feel better.

What makes FitOn great?

More choices. You can visit large national gyms, small local gyms, and private studios. So no matter where you are or how you exercise, you always have options. And even if your gym isn't in the FitOn network, you can still keep using it thanks to the flexible credit system.

How do FitOn credits work?

You get **32** credits each month to use for gym memberships and fitness classes. The average gym membership is between 12 and 25 credits per month. For example, if your gym membership uses 12 credits, you'll have 20 credits left for other memberships and classes. Credits reset on the first of every month and can't be saved for the next month.

When can I sign up?

Once your plan is effective, you can create an account at fitonhealth.com/register or call the FitOn team to get started at 1-855-946-4036, Monday – Friday, 8 a.m. – 9 p.m.



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FitOn Inc. is a separate company that administers fitness benefits.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association: Highmark Inc. d/b/a Highmark Blue Shield, or Highmark Health Insurance Company.

Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Pennsylvania, Delaware, West Virginia, and New York: 1-833-521-1424 (TTY:711)

ATENCIÓN: Si habla español, tiene servicios de asistencia lingüística sin cargo. Llame al número correspondiente a su estado de residencia.

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