

FitOn Health gives members access to the best digital fitness and wellness content, fitness studios, and gyms. This benefit is provided by Premera Blue Cross at no additional cost. Continue your current fitness routine and mix things up with variety of new activities.

How Does It Work?

At the beginning of each month, credits are added to your FitOn Health account. You can use your credits at any fitness experience in our network.

Plus so much more...



Visit the page below and then click **sign up**:

fitonhealth.com/registernow



Enter your email and create a password.



Verify your eligibility by entering your same full legal name, birthday, and zip code that you provided to your health plan.

After signing in, click the **digital** tab to access unlimited on-demand workouts or tap on the **in-person** tab to find and book at your favorite gym or studio.

For classes or day passes

Choose the date and time for your class, select **reserve class** and then confirm.

For memberships

Signup for a membership by selecting **purchase membership**, then confirm.

After your purchase check your inbox for a receipt and any additional instructions.

For digital

Browse by genre, length or difficulty to find exactly what you're in the mood for.

Have questions?

fitonhealth.com/help

help@fitonhealth.com

855-378-6683, option 1

Credits user guide

What are credits?

Credits are tokens that can be used for gym memberships, fitness classes, or other services offered by FitOn Health.



The breakdown on credits:



Who pays for credits?

Premera Blue Cross provides you with 36 credits each month. Credits do not rollover at the end of each month.



Where can they be used?

Use your credits on the FitOn Health website to reserve a fitness experience for any location or activity in the FitOn Health network.



Each month you receive 36 credits in your account which can be used for any fitness experience in our FitOn Health network.

For example:

- One class at your local yoga studio might cost eight credits
- One monthly membership at your local gym with unlimited visits might cost 24 credits
- One FitKit might cost 20 credits



Do they refill?

You get a new set of credits on the first of every month.

With your FitOn Health account you get unlimited access to our digital platform including fitness and wellness classes, personalized programs, meal plans with recipes, challenges, and expert-led health courses.

Find out more at fitonhealth.com/registernow

Premera Blue Cross is an HMO plan with a Medicare contract. Enrollment in Premera Blue Cross depends on renewal. On behalf of Premera Blue Cross, FitOn Health is an independent company which provides the fitness benefit. Premera Blue Cross Medicare Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-850-8526 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 888-850-8526 (TTY: 711)