

LEARN MORE ABOUT BLUE365'S EXCLUSIVE DISCOUNTS ON GYM MEMBERSHIPS

As a Blue Cross and Blue Shield of Nebraska member, you have free access to Blue365, an exclusive program that offers discounts on health and wellness products, including gym memberships.

HERE ARE SOME OPTIONS YOU CAN CHOOSE FROM:



- Access a network of 12,000 gyms for \$19/month with a one-time enrollment fee of \$19.
- Access to thousands of gyms nationwide with no long-term contracts, cancel anytime
- Choose from select Life Time[®], EoS Fitness[®], Planet Fitness[®], Curves[®] and Snap Fitness[®] locations. A limited number of Gold's Gyms and YMCAs in certain areas are also participating
- At-home workout packages: Digital-only available for just \$10 a month
- Get up to 30% off on more than 20,000 health and wellbeing specialists, including chiropractors, acupuncturists, personal trainers, nutrition counselors and more.



The Active&Fit Direct Program gives you access to your choice of thousands of gyms, on-demand workout videos, and other great features for \$28 a month.

- Access to 11,900+ gyms including LA Fitness[®], Anytime Fitness[®], Gold's Gym[®], Workout Anytime[®], Crunch Fitness[®], and more
- 9,000+ on-demand workout videos so you can stay active anytime, anywhere—top names include SH1FT, Brett Hoebel, and YogaFit[®]
- The ability to purchase a membership for your spouse or domestic partner
- No long-term contracts and no annual maintenance fees.
- Access to a robust library of hundreds of clinically-approved health and fitness articles, videos, and self-care tools to help you on your fitness journey



- Gym membership discounts at Gold's Gym, Anytime Fitness, and Curves, as well as yoga, Pilates, rowing, CrossFit, and more
- Take your health and workouts to the next level with at-home virtual options including yoga, interval training, nutritional guidance, guided meditation, and much more
- Reduced pricing on travel, spa, apparel, restaurants, and more

→ To explore these and other Blue365 discounts, visit NebraskaBlue.com/Blue365.

