



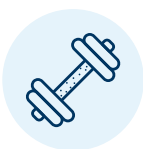
Because Life.™

# Get ready

for FitOn, Highmark's fitness benefit for Medicare Advantage members.



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?

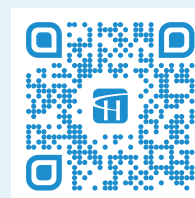
More choices. You can visit large national gyms, small local gyms, and private studios. So no matter where you are or how you exercise, you always have options. And even if your gym isn't in the FitOn network, you can still keep using it thanks to the flexible credit system.

## How do FitOn credits work?

You get **32** credits in your FitOn account each month to pay for gym memberships and in-person fitness classes. Credits are replenished on the first day of the month and don't roll over. FitOn's digital content does not cost any credits.

## When can I sign up?

Once your Medicare Advantage plan is effective, you can create an account at [fitonhealth.com/register](https://fitonhealth.com/register) or call the FitOn team to get started at 1-855-946-4036, Monday – Friday, 8 a.m. – 9 p.m. Visit [highmark.com/fitness](https://highmark.com/fitness) or scan the QR code to learn more.





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

Highmark Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal. 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:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company.

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

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

Tenemos servicios gratis de interpretación para responder cualquier pregunta que pueda tener sobre nuestro plan médico o de medicamentos. Para obtener un intérprete, simplemente llámenos al número que figura en la parte de atrás de su tarjeta de ID (TTY: 711). Alguien que hable español puede ayudarlo. Este servicio es gratis.

我们免费提供口译服务，为您解答有关我们健康计划或药物计划的任何疑问。如需口译服务，只需拨打您 ID 卡背面的电话号码（TTY：711）与我们联系即可。说中文的工作人员可为您提供帮助。此项服务免费。