

Now you can work out more—for less!



## Introducing our Fitness Discount Program

Now it's easier to get the many health benefits that regular exercise can provide, such as weight control, increased energy, stress reduction, and more. Just by being a Blue Cross & Blue Shield of Rhode Island (BCBSRI) member, you can join any network fitness club at the club's guaranteed lowest rate. And if you prefer to exercise at home, you can get a discount on home fitness equipment, too!

We're pleased to offer this opportunity through the International Fitness Club Network (IFCN). The fitness discount program offers something for everyone, including:

- **Access to a network of over 9,500 participating fitness clubs, including over 75 in Rhode Island.**
  - Guaranteed lowest membership rates.
  - Free, one-week trial memberships.
  - A passport travel program that allows you to use another participating club when you travel more than 50 miles from your home club.
- **Preferred pricing on home fitness equipment.**
  - 10% discount on NordicTrack strength and cardio equipment from Sears.

## How to Take Advantage of the Fitness Discount Program

Just sign in at **BCBSRI.com** and you can:

- Search for fitness clubs
- Print IFCN one-week trial vouchers
- Print coupons for 10% off of NordicTrack home fitness equipment and accessories at Sears

**Sign in at [BCBSRI.com](http://BCBSRI.com) today to learn more!**

