

# Fitness Your Way. Tivity Health



## Nantworks –Immunity Bio 2025



## **Get started TODAY!**

Fitness Your Way lets you join as many gyms as you want, wherever you live, work and play.

- Seven gym packages, with three new options available, including studio and luxury locations, starting at \$19/month.
- Join as many gyms as you want and get access to 13,000P+ fitness locations.
- Digital package also available for just \$10 a month (all digital content is included with the gym packages).
- On demand videos available 24/7 and live virtual classes like cardio, bootcamps, barre, and yoga Burnalong.

# Registration is simple!

Visit Fitness your way.tivity site

<https://fitnessyourway.tivityhealth.com/>

1. To start enrollment in the Fitness Your Way Program, the subscriber will need to click "Check My Eligibility" and follow the four enrollment steps to select from any of the available packages and complete enrollment.
2. Use 3 prefix digit: NAW + Numerical BSC ID  
Example: NAW123158921
3. After the subscriber complete the enrollment steps, an email will be sent to the subscriber to set a password with FYW member portal.
4. If the subscriber selects a gym package, the option to print or download an ID card to visit the locations of choice.
5. What is included in the Fitness Your Way membership? All gym packages include access to thousands of on-demand virtual workouts, live virtual classes, and online fitness programs.
6. Which gyms are part of Fitness Your Way? The membership gives you access to national and regional chains and local independent gyms.

# Additional support and information

Still have questions? Contact Tivity Health

- Phone – 888-572-7833

Hours: Monday-Friday 8am-8pm EST

Gym & Fitness Locations:

- Fitness locations are not owned or operated by Tivity Health Or its affiliates.
- You MUST enroll online or by phone to get a Fitness Your Way ID number and be able to access participating locations.
- How can I request to a gym to join Fitness Your Way network? Submit their information online <https://onlinesubmission.tivityhealth.com/>



Blue Shield of California is an independent member of the Blue Shield Association