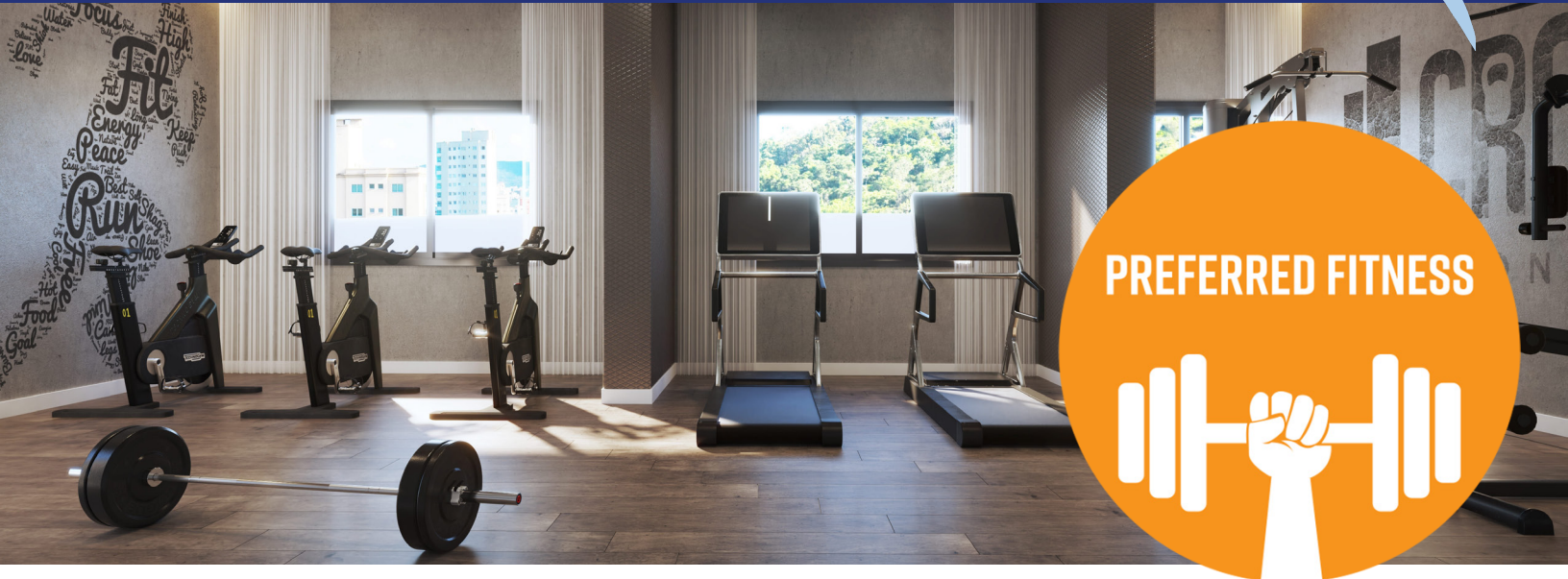


PREFERRED FITNESS PROGRAM



In our dedication to health and wellness, Florida Health Care Plans created the Preferred Fitness program that provides eligible members with access to our extensive gym partner network.

UNLIMITED ACCESS, UNLIMITED POSSIBILITIES

FHCP partners with gyms and fitness facilities across our service area to provide members with the gym's basic, standard membership at no cost to the member. There is no limit to how many gyms a member can visit, so we encourage you to try multiple and find the best fit. Bring your FHCP member ID to any of our gym partners during their staffed business hours to get started!

BENEFITS OF EXERCISE AND PREFERRED FITNESS:

- Combats chronic conditions and reduces risk of heart disease
- Strengthens your muscles and bones
- Improves mood and relieves stress
- Boosts your energy and endurance
- Promotes higher sleep quality
- Supports social activities

FHCP'S PREFERRED FITNESS GYM PARTNERS

For the complete list of our gym partners, scan the QR code below!



For more information about our Preferred Fitness Program, please visit

<https://www.fhcp.com/individuals-families/preferred-fitness/>

386-676-7100

preferredfitness@fhcp.com



**Florida
Health Care
Plans®**



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Q: HOW DOES PREFERRED FITNESS WORK?

A: Preferred Fitness provides eligible members with the basic, standard membership at our participating gym partner facilities without any membership or enrollment fees. There is not a limit to how often you can visit or how many gyms you can visit within our program.

Q: HOW DO I SIGN UP FOR A GYM MEMBERSHIP THROUGH PREFERRED FITNESS?

A: Bring your FHCP Member ID card to any Preferred Fitness gym partner during staffed business hours and ask to sign up with a membership through FHCP. Gym staff will use your FHCP Member ID to check your eligibility and sign you into their membership system. During the sign-up process, you will also be asked to provide a form of ID and complete/sign paperwork including a waiver. Gym staff will be able to provide you with a tour of their facility and check-in instructions for your next visit.

Q: WHAT AMENITIES ARE INCLUDED IN MY MEMBERSHIP?

A: Members who are eligible for the Preferred Fitness benefit will have access to the basic, standard membership at our participating gym partner facilities. This at a minimum includes access to cardio and strength training equipment during staffed business hours. Additional amenities such as personal training, tanning, pool access, and group fitness classes may need to be purchased at an additional

cost. 24/7 access facilities may charge an additional one-time fee to issue a key fob if members elect to have 24/7 access.

Q: CAN I SIGN UP FOR MORE THAN ONE GYM MEMBERSHIP?

A: YES! There is no limit to how many gym memberships you have with your Preferred Fitness benefit. We encourage you to visit multiple facilities to find the best fit for you.

Q: CAN MY FAMILY JOIN THE GYM TOO?

A: If your plan is eligible for the Preferred Fitness benefit, any spouse or child covered under your plan would also be eligible for the benefit. However, for children under the age of 18, each participating gym partner sets its own policies for age requirements at their facilities. Please contact the gyms you are interested in attending for additional details.

Q: I CHECKED THE GYM LIST ON THE FHCP WEBSITE, BUT THE GYM I WANT IS NOT ON IT. CAN YOU ADD IT?

A: If a gym is not listed on the Preferred Fitness gym list on the FHCP website, the gym is not actively participating in our program. We are working to expand our Preferred Fitness program in our service areas to better support our members. Please note that not all gym facilities are compatible with the current structure of our program and may have declined to participate. You can email our team at PreferredFitness@FHCP.com to receive additional information about your request.

