



Save money on getting and staying in shape

Fitness Discounts

There are many reasons to get fit

Here are just a few. You'll look and feel better. You can also lower your risks for heart disease, high blood pressure, diabetes...even depression.

And with fitness discounts, you can save, too. Just for taking good care of yourself.

You can:

- Save on gym memberships
- Save on treadmills, ellipticals and more
- Try an at-home weight-loss program
- Get health coaching to stop smoking, lower stress and more

You get these discounts at no extra cost

They are available to you as part of your Coventry Health Care of Missouri, Inc. (Coventry) health benefits plan. Family members may be able to take advantage of them, too.

Plus, it's easy to get started. Once you're a Coventry member, just sign up at www.globalfit.com/fitness. Or call **1-800-298-7800**.

Try a gym for free

You can get a free guest pass at most gyms. It's a great way to check out the gym culture, services and equipment before you sign up. To get yours, visit www.globalfit.com/fitness.

How to save on a gym membership

You can choose from and save at over 10,000 gyms* (and growing) in the GlobalFit® network. So it's easy to find one near work or home.

Step 1: Visit www.globalfit.com/fitness to find a gym.

Step 2: Pick a gym and follow the steps to sign up online.

Step 3: Print your confirmation and you're set to go. You can also call **1-800-298-7800** to sign up.

Keep in mind that this offer is for new gym members only. If you belong to a gym now, or belonged recently, call GlobalFit at **1-800-298-7800** to see if a discount applies.

More reasons to join a gym through GlobalFit

You can:

- Choose from flexible membership options
- Get easy billing through your bank account or major credit card
- Visit a participating gym when you travel**
- Transfer your membership to another participating gym or another person**
- Freeze your membership

Save on home exercise equipment, too

Rather get fit in your own home? You can do that, too. You can get discounts on:

- Elliptical trainers
- Treadmills
- Strength equipment

More support for your healthy lifestyle

Getting fit is just the start to a healthier you. You can also:

- Try out an at-home weight-loss program
- Get one-on-one health coaching*** to help you quit smoking, lower stress, lose weight and more

Get fit for less. With discounts that come with your Coventry health plan. Visit www.chcmo.com to find out more.

* GlobalFit website. www.globalfit.com/fitness. March 2014.

** Call GlobalFit for more information.

*** By HealthAdvocate, through GlobalFit.

Discounts provide access to discounted services and are not part of a health benefits plan or policy. The member is responsible for the full cost of the discounted products and services. Aetna may receive a percentage of the fee you pay to a discount vendor. Vendors are independent of Coventry Health Care of Missouri, Inc. (Coventry) and Aetna Life Insurance Company (Aetna), not agents or employees thereof. None of Coventry, Aetna, nor its or their affiliates direct, manage or control the products and services provided by Vendors, and do not assume any responsibility or liability for those products and services. Discount offers are not guaranteed and may be discontinued at any time. Coventry or Aetna does not endorse any vendor, product or service associated with these discount offers. This material contains only a partial description of these products and services. While this material is believed to be accurate as of the production date, it is subject to change.