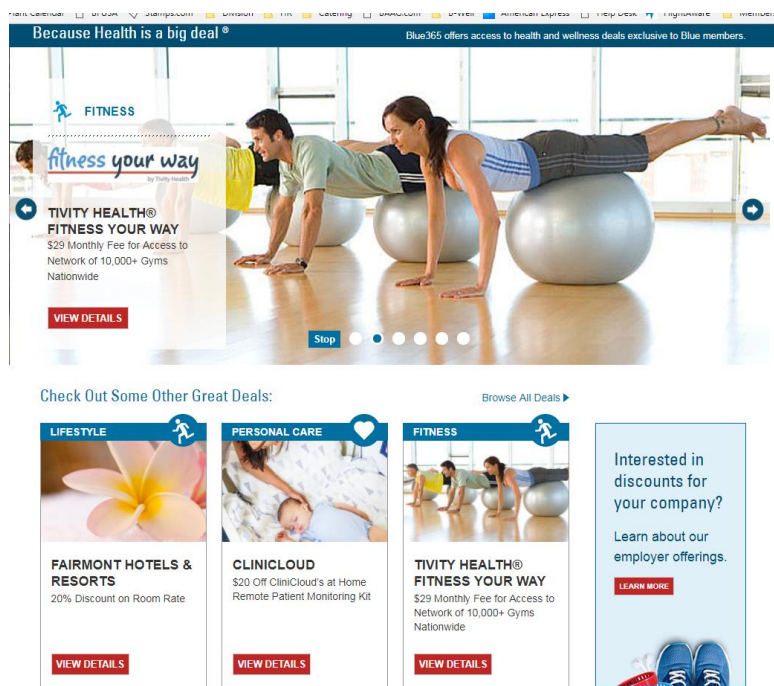


\$29 gym memberships for Bridgestone Teammates!

Bridgestone teammates who carry insurance through Blue Cross Blue Shield of Tennessee have access to discounts with the Blue365 program. What you may not have realized is that one of these discounts includes \$29 gym memberships to several local and national fitness centers! What’s amazing about this deal is that teammates who enroll are not tied to just one gym – they receive memberships to all of the gyms that Blue365 partners with! There’s a one-time enrollment fee of \$29 and then it’s just \$29 per month thereafter with an initial commitment of three months.

Curious to know which gyms are on the list? Follow these steps to find out:

1. Register or Log in to the Blue 365 site: <https://www.blue365deals.com> (you’ll need your insurance card handy!)
2. Click on the “Fitness” icon:



3. Search for the “Tivity Health Fitness Your Way” discount program

4. Type your zip code into the “Fitness Your Way Gym Locator” to see a list of participating gyms

s.com/tivity-health-national-standing-no-cam-29-monthly-fee-access-network-10000-gyms-nationwide?planid=WellmarkBCBS

nt Calendar | BFUSA | Stamps.com | Division | HR | Catering | BAAG.com | B-Well | American Express | Help Desk | FlightAware

fitness your way
by Tivity Health

TIVITY HEALTH® FITNESS YOUR WAY

\$29 Monthly Fee for Access to Network of 10,000+ Gyms Nationwide

REDEEM NOW

SHARE: [Social Media Icons]

The Offer

\$29 Monthly Fee for Access to Network of 10,000+ Gyms Nationwide

Whether your goals are physical, such as losing weight and maximizing energy, or emotional like dealing with stress and improving your mood, Fitness Your Way can help you meet your goals, on your budget and do it all on your own time. Fitness Your Way offers access to nearly 10,000 different fitness locations for just \$29 a month.

Fitness for your budget

- Only \$29 per month and a low \$29 enrollment fee, with a 3-month commitment.

Fitness for your time

- Visit any participating fitness location—anytime, anywhere — as often as you like.
- Locations include select Anytime Fitness®, Curves® and Snap Fitness®, A limited number of Gold's Gyms and YMCAs in certain areas are also participating. Use the Fitness Your Way gym locator below to locate gyms near you.

Flexibility to achieve your goals

- With 10,000 locations, find fitness classes that fit you and your needs.

Blue365 says:

If you sit at a computer all day be sure to take short breaks to stretch and walk around throughout the day. Gentle hand, wrist, and forearm stretches are particularly helpful and will prevent carpal tunnel syndrome.

Fitness Your Way Gym Locator

Enter address, city or ZIP code [Location Icon] **Search**

5. The below is a list of participating gyms within five miles of the plant!

Fitness Your Way Gym Locator

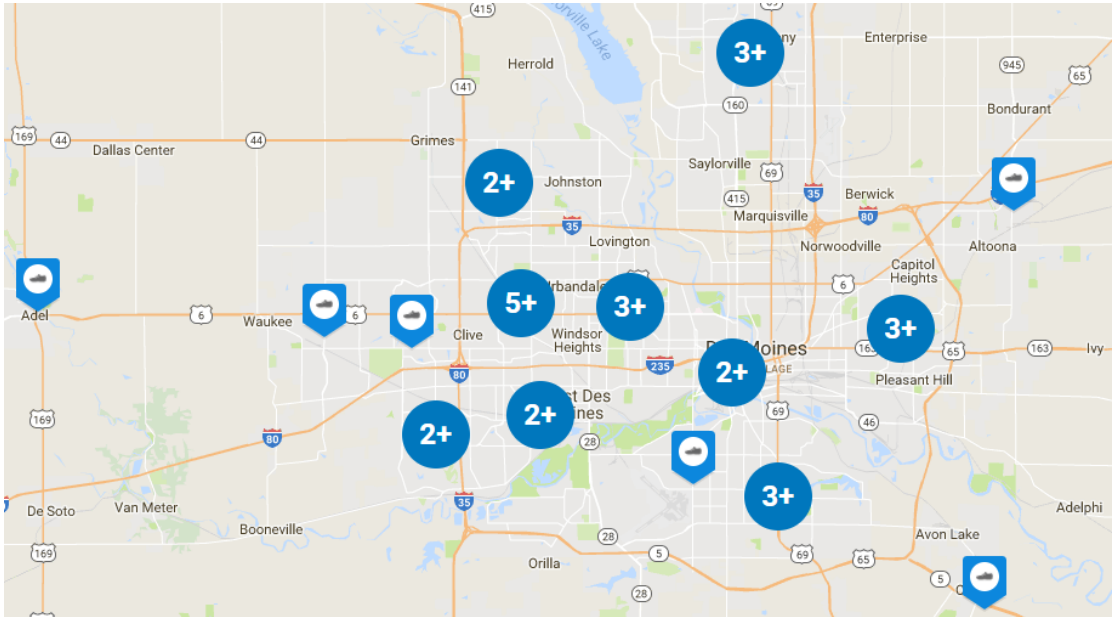
50313 [Location Icon] **Search**

These are the 5 locations closest to you:

ANYTIME FITNESS - ANKENY, IA 2505 S.W. White Birch Dr. - Ankeny, IA	3.6 miles
ANYTIME FITNESS - DES MOINES, IA 2815 Beaver Ave., Ste. 202 - Des Moines, IA	3.9 miles
MERCY WELLNESS CENTER 1111 6th Ave. - Des Moines, IA	4 miles
SNAP FITNESS - DES MOINES EAST 3440 E. 33rd. St - Des Moines, IA	4 miles
ASPEN ATHLETIC CLUB 4100 Merle Hay Rd. #6 - Des Moines, IA	4.7 miles

Find all locations near you

6. Participating gyms in the Des Moines Metro



7. Then click “Redem Now” and follow the steps to get registered (you’ll need to have your insurance and payment card handy!).

