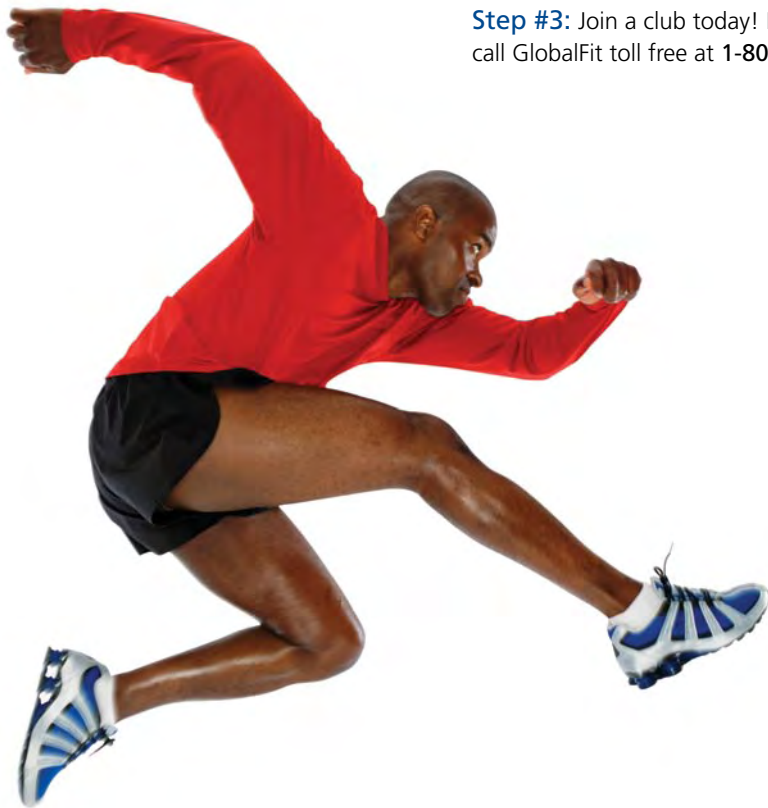


# Shape up, and save!

## Fitness Program

Regular exercise helps you stay healthy, and can make you look and feel better. The **Fitness Program** is automatically included with your health benefits or health insurance plan, so you can save money, too!

You'll get great savings on fitness club memberships, exercise videos and home exercise equipment like treadmills and elliptical trainers — everything you need to get fit for less today.



### Pick a club — join a club

You'll enjoy preferred rates on fitness club memberships\* within the GlobalFit™ network. With over 2,000 locations\*\* (and growing every day), it's easy to find one close to where you live or work. And with member-friendly features like a FREE guest pass\*\*\* and flexible membership options, you can get started today!

**Step #1:** Visit [www.globalfit.com/fitness](http://www.globalfit.com/fitness) for an up-to-date listing of participating clubs.

**Step #2:** Select a club and follow the directions to get your FREE guest pass (available at most clubs). It's your "sneak peek" at club culture, services and equipment.

**Step #3:** Join a club today! Enroll online, or call GlobalFit toll free at 1-800-298-7800.

Savings on fitness club memberships, exercise equipment and more

### More reasons to join a club

- Flexible membership options — including the *Commit* (48-week) and *Non-Commit* (month-to-month) memberships
- Convenient billing options through your bank account or major credit card
- Guest privileges at participating clubs for when you travel (*Commit* memberships only)
- Transfer your membership to another person (*Commit* memberships only) or to another participating fitness club
- Freeze your membership conveniently for up to two months in a calendar year (*Commit* memberships only)
- Plus, family members on your health benefits or health insurance plan are eligible, too!

\*Membership to a club of which you are a current member is not available. Membership also may not be available to a club if you have been a member of that club within the past 12 months.

\*\*GlobalFit website, [www.globalfit.com/fitness](http://www.globalfit.com/fitness), 1/07.

\*\*\*Not available at all clubs.

## Save on home exercise equipment and supplies

Rather get fit in the privacy of your own home? You'll also get preferred savings on exercise videos and home exercise equipment like elliptical trainers and treadmills.

## New! Lifestyle programs beyond the fitness club

Starting a fitness regimen is just the beginning to a healthier you. The Fitness Program also offers access to at-home weight-loss programs and even one-on-one health coaching\* to help you quit smoking, reduce stress, lose weight or meet another health goal.

\*Provided by WellCall, Inc., through GlobalFit.

**Stretch your body — and your dollars — at the same time. Take advantage of the Fitness Program today!**

Did you know?

Getting your daily dose of exercise helps keep your heart healthy, your bones strong — it can even give you a good night's sleep. With the Fitness Program, you can save money, too!



Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

Discount programs provide access to discounted prices and are not insured benefits. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health benefits and health insurance plans contain exclusions and limitations. Information subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, CHI/OK GP-3 02/02, CHI/OK INSC-4 01/02, GR-23 and/or GR-29.

We want you to know<sup>®</sup>

