

# Affordable Fitness Made Easy

- 1** Find your perfect gym from 12,500+ options nationwide.
- 2** Enroll online in minutes, with **no long-term contracts** or annual fees.
- 3** **Start working out today!** Your membership also includes the option to purchase a membership for your spouse.<sup>1</sup>

## PLUS

- » **8,500+ Premium Gym Options** at exercise studios, outdoor experiences, and others with **20% – 70% discounts at most locations.**<sup>2</sup>
- » **Get Fit at Home™ for Free** with 12,000+ on-demand workout videos before you enroll! **Just create an account.**

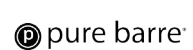


**Get Started:** Please call 800.870.3470 or visit [nalc.yourcareallies.com](http://nalc.yourcareallies.com) (High Option members); and [mycigna.com](http://mycigna.com) (CDHP members).

### Standard Fitness Network



### Premium Fitness Network



<sup>1</sup> Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

<sup>2</sup> Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.