



MEDICARE



FitOn Health gives members access to the best digital fitness & wellness content, fitness studios, and gyms. This benefit is provided by Blue Cross of Idaho Care Plus, Inc., at no additional cost. You will be able to continue your current fitness routine while having access to a variety of new activities.

How Does FitOn Health Work?

At the beginning of each month, 32 credits are added to your FitOn Health account. You can use your credits at any fitness experience in our network.

Plus so much more...



Visit the page below and then click **Sign Up**:
fitonhealth.com/BCI



Enter your email and choose a password.



Verify your eligibility by entering your same full legal name, birthday, and zip code that you provided to your health plan.

After signing in, click the **Digital** tab to access unlimited on-demand workouts or tap on the **In-Person** tab to find and book at your favorite gym or studio.

For Classes or Day Passes

Choose the Date & Time for your class, select "Reserve Class" and then confirm.

For Memberships

Signup for a membership by selecting "Purchase Membership", then confirm.

After purchase check your inbox for a receipt and any additional instructions.

For Digital

Browse by genre, length or difficulty to find exactly what you're in the mood for.

Have Questions?

fitonhealth.com/help/medicare

help@fitonhealth.com

(855) 645-2008, TTY 711

Monday-Friday 8am-9pm EST

Credits User Guide



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What are Credits?

Credits are tokens that can be used for gym memberships, fitness classes, or other services offered by FitOn Health. Credits are paid for by your insurance at no additional cost.



The Breakdown on Credits:



Who pays for Credits?

Blue Cross of Idaho Care Plus, Inc., provides 32 credits every month. Credits do not rollover.



Where can they be used?

Use your credits on the FitOn Health website to reserve a fitness experience for any location or activity in the FitOn Health network.



Each month we deposit 32 credits into your account which you'll use to pay for any fitness experience on our network.

For example:

- 1 class at your local yoga studio might cost 8 credits
- 1 monthly membership at your local gym with unlimited visits might cost 24 credits
- 1 FitOn accessory might cost 21 credits



When they refill:

You get a new set of credits on the 1st of every month.

Included with your FitOn Health account is unlimited access to our digital platform- fitness & wellness classes, programs, meal plans, recipes, challenges, and expert-led health courses. Learn more at fitonhealth.com/BCI

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