



FitOn Health gives members access to the best digital fitness & wellness content, fitness studios, gyms, nutrition and meal planning, challenges and more. This benefit is provided by Excellus BlueCross BlueShield 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, 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 log in to your Excellus BlueCross BlueShield account to get started:



[MyExcellusMedicare.com](https://MyExcellusMedicare.com)

### Have Questions?

[fitonhealth.com/help/medicare](https://fitonhealth.com/help/medicare)

[help@fitonhealth.com](mailto:help@fitonhealth.com)

(855) 952-6423, TTY 711

M-F 8am-9pm EST

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

Sign up 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.

A nonprofit independent licensee of the Blue Cross Blue Shield Association. Excellus BlueCross BlueShield is an HMO plan and PPO plan with a Medicare contract. Enrollment in Excellus BlueCross BlueShield depends on contract renewal. FitOn Health is an independent company offering Excellus BCBS members a fitness benefit. Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855 378-6683 (TTY 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-855 378-6683 (TTY 711)。

# Credits User Guide

## 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 Excellus BlueCross BlueShield at no additional cost.



## The Breakdown on Credits:

**Who pays for Credits?**  
You are provided 36 credits per month.

**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 you 36 credits are deposited into your account which you'll use to pay for any fitness experience in our network.

**When they refill:**  
You get a new set of credits on the 1st of every month.

**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 FitKit might cost 20 credits

**Included with your FitOn Health account is unlimited access to our digital platform including fitness & wellness classes, personalized programs, meal plans with recipes, challenges, and expert-led health courses.**

Learn more at [MyExcellusMedicare.com](https://MyExcellusMedicare.com)