

# Benefit Extras

Available through your SISC health plan



## Get Started

## Program Details

## Who Is Eligible

### Active & Fit Direct

**Kaiser HMO members** must visit [kp.org/choosehealthy](http://kp.org/choosehealthy), select region, click "Choose Healthy," then click "Learn More" next to the ASH Active & Fit logo.

### Discounted Gym Memberships

#### Active & Fit Direct

Choose from over 9,000 participating fitness centers and YMCAs nationwide for a much lower cost than you would pay on your own. Use the online fitness tracking feature, which uses a variety of wearable devices and apps. You pay only \$25 a month (plus \$25 enrollment fee and taxes).

Kaiser HMO members

Low Cost

### Fitness Your Way

**Go to** [fitnessyourway.tivityhealth.com/bsc](http://fitnessyourway.tivityhealth.com/bsc)  
Click "Enroll".

OR

**Call** 833-283-8387

### Fitness Your Way

#### Tivity

This program gives you the flexibility to work out at any participating fitness location. Cost is only \$25 a month per person.

Blue Shield PPO and HMO members

Low Cost