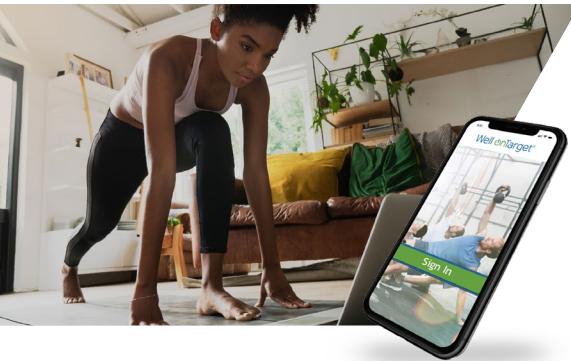


Go digital to workout anywhere



The Well onTarget® Fitness Program, offered by your health plan, now includes access to digital fitness options at no additional cost in all Base, Core, Power, Elite, Pro, Signature, and Premier packages.^{1,2} There's also a new digital-only package to offer even greater flexibility.^{1,2}



Prime® Live & On-Demand workouts

Enjoy our original Prime Live workouts designed for all skill levels. With 24/7 access to On-Demand videos, and new Live classes added each week, you have the flexibility to choose when and where to work out.



burnalong®

Feel the burn with our digital partner, Burnalong®! You and your family can access 50,000+ workouts and live classes including cardio, bootcamps, barre, nutrition, yoga, and even stress management and sleep support.

**Get moving now
with just a few easy steps**

To access the Fitness Program or sign up, members can:

1. [Click here](#)
2. Select **Enroll Now**
3. Choose your package and complete enrollment
4. Enjoy your Digital Fitness experience today!

Always talk with your doctor before starting an exercise program.

1. Fitness Program members must have internet service to access Burnalong services. Internet service charges are the responsibility of the Fitness Program member.
2. Individuals must be 18 years old to purchase a membership. For more information regarding packages available and pricing, please visit www.wellontarget.com. Limitations apply. See Program Agreement for details.

The Fitness Program is provided by Tivity Health Services, LLC, an independent contractor which administers the Prime® Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc. Burnalong is a registered trademark of Burnalong, Inc. © 2024 Tivity Health, Inc. All rights reserved.

Well onTarget is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

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