




# One Membership. Thousands of Ways to Stay Active and Save Money.

No Enrollment Fee With Code:  
**SWEAT4SPRING<sup>1</sup>**

-  **12,200+ Gyms**
-  **9,300+ On-Demand Videos**
-  **Enroll Your Spouse<sup>2</sup>**

**No annual fees or long-term contracts. Switch gyms anytime.**



**Plus: 5,700+ Premium Gym Options** at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations<sup>3</sup>



**Get Started:** Log in to [upmchealthplan.com](http://upmchealthplan.com) > Menu > Better Health and Wellness > Health and Wellness Discounts.

<sup>1</sup> \$28 enrollment fee waived for standard gyms only 4/1/23 12:01 a.m. - 6/30/23 11:59 p.m. PT. Monthly fees are subject to applicable taxes.

<sup>2</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>3</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.

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*Participants must be 18 years of age or older, be located in the United States, and have a valid email address. Participants must pay by credit card and will be charged in advance on a monthly basis using a recurring payment subscription. Participants commit to three consecutive months of membership. If a participant chooses to cancel, they must provide a 30-day notice of cancellation. All payments are subject to tax, if applicable, based on the participant's location.*