

BIAW

Did you know?

Tip of the Month

As a Regence Blue Shield health care participant through the BIAW Health Insurance Program, you can save up to 60% on fitness club membership fees? With the New Year come new goals and resolutions, and getting in shape is usually right at the top of the list.

Through Regence Blue Shield's partnership with GlobalFit, members can receive discounts on fitness club membership fees to fitness clubs participating in the GlobalFit network. Here are a few of the highlights of this fantastic program.

- Savings of up to 60% on fitness club membership fee
- Choose from over 1,500 local and national fitness clubs
- No long term contracts – all memberships are month to month
- Additional family discounts

Participating fitness clubs include Bally Total Fitness, Curves, 24 Hour Fitness, Seattle Athletic Club and many more. In fact, there are over 30 participating clubs in Washington! To find a participating fitness club near you, visit GlobalFit's website at www.globalfit.com and just enter your zip code.

For more information on Regence Blue Shield's Fitness Club Program go to <http://www.regence.com/marketing/member-advantages.jsp>.