

Regence Advantages: Global Fit Expansion into Eastern Washington, Idaho and Utah locations

December 2008

Fitness Club Discounts Through GlobalFit Go Regence-wide!

What is happening with Regence Advantages?

GlobalFit is being expanded into Eastern Washington, Idaho and Utah. Currently, GlobalFit is only available to Regence BlueCross BlueShield of Oregon members and Regence BlueShield members in Western Washington.

When will the discount be available? January 2009

Which members are eligible to receive a discount on GlobalFit?

All Regence and Regence Life and Health members as well as their family members.

What is GlobalFit?

GlobalFit is the nation's leading provider of healthy living benefits. As The Source for a Better You, GlobalFit offers a comprehensive selection of programs, products and services designed to create a healthier world by changing the way people think about and access healthy living benefits. Since 1992, GlobalFit's signature offering has been its fitness center network, now with nearly 10,000 providers nationwide.

What about the overlap between clubs Regence might be independently contracted with (through Regence Advantages in Idaho and Utah) and the GlobalFit network where those clubs might also belong?

Regence has terminated the relationship with those clubs considering the Regence member can now access those clubs through the GlobalFit network.

What about the other clubs Regence independently contracts with in Idaho and Utah who aren't a part of the GlobalFit network?

Nothing has changed and the Regence member can still access a discount with those clubs through Regence Advantages.

How can I enroll in a fitness center through GlobalFit?

To find a fitness center that's right for you, use GlobalFit's fitness center search engine or call GlobalFit's Philadelphia headquarters toll-free at 800-294-1500. All enrollments are handled directly through GlobalFit and **not at the fitness center**.

How soon can I start going to the fitness center?

Once you have completed your enrollment, you can usually start by 12 noon EST the next business day.

What are the membership options?

You can choose a Lifestyle Membership, a Commit Membership or a Non-Commit Membership. The Commit and Lifestyle Memberships offer increased flexibility for those members who are ready to commit to a fit lifestyle. This chart shows a side-by-side comparison:

Membership Options	Lifestyle	Commit	Non-Commit
Term	96-weeks	48-weeks	None*
Weekly dues	Vary by fitness center	Vary by fitness center	Vary by fitness center
Billing	Every 2 weeks	Every 2 weeks	Every 2 weeks
One-Time Activation Fee	\$29	\$59	\$118
Fitness Center - to - Fitness Center Transfer**	✓	✓	✓
Member Rewards	✓	✓	✓
Refer-a-Friend Program	✓	✓	✓
Ability to Freeze**	✓	✓	
Travel Program**	✓	✓	
Member-to-Member Transfer**	✓	✓	

*30-days notice required to cancel

** Not available at all fitness centers

Additionally, individual fitness centers may offer different levels of membership based on access to select facilities (i.e. fitness only, fitness plus tennis, etc.). For each of these membership types, you will still have the choice of a Lifestyle, Commit or a Non-Commit Membership through GlobalFit. Either way, your GlobalFit membership will provide identical access to one purchased directly from the fitness center.

What are the costs?

Dues – The amount of your dues depends on the fitness center you decide to join. You can get information on dues, locations and hours of operation via our fitness center search engine or by calling us toll-free at 800-294-1500.

Activation fee – This one-time fee activates your service with GlobalFit and secures your low rate for a fitness center membership.

Are there any additional costs I should be aware of?

A fee is charged should you decide to freeze, or transfer your membership. In the event that your financial institution declines payment for your monthly dues, a return fee will be assessed to your GlobalFit account.

Can any of my family members join GlobalFit?

The GlobalFit benefit is extended to immediate family members including spouse, domestic partner and dependent children under the age of 23 living at home or in school.

Where is the closest GlobalFit fitness center in my area?

Our fitness center search engine lets you find GlobalFit providers in or near your ZIP code. You can also call us toll-free at 800-294-1500 and talk with one of our Customer Sales Representatives.

What if there is no participating fitness center in my area?

GlobalFit currently has thousands of provider fitness centers nationwide and is continually adding new providers to its network. GlobalFit also offers convenient, affordable at-home fitness equipment and videos.

If I join one of GlobalFit's provider fitness centers, can I use any other fitness center in the network?

When you join a fitness center through GlobalFit, you have access to that one facility. However, some providers offer regional and/or national membership options that let you use select fitness centers within that chain.

If you have a Commit or Lifestyle Membership, you may also use participating GlobalFit fitness centers up to five times per month while traveling more than 50 miles from your primary fitness center. A guest fee may be required at certain fitness centers, including New York Sports fitness centers, Philadelphia Sports fitness centers, Boston Sports fitness centers, Washington Sports fitness centers, Curves and Bally Total Fitness.

If you have a Commit or Lifestyle Membership, you may also transfer your membership to any participating fitness center. Transfer option for New York Sports fitness centers, Philadelphia Sports fitness centers, Boston Sports fitness centers, Washington Sports fitness centers and Curves is only available within their family of fitness centers.

In addition, some facilities with shared ownership do offer multi-club memberships through GlobalFit. Please call 800-294-1500, and ask a Customer Service Representative for assistance.

Why can't I sign up to the fitness center while I'm there checking it out?

In order to receive your exclusive GlobalFit rate, ability to freeze or transfer with your Commit or Lifestyle Membership, or GlobalFit's Non-commit Membership option, you must sign up directly through GlobalFit and not at the fitness center.

What happens if I move outside the network?

GlobalFit offers thousands of fitness centers nationwide. You can have us transfer your membership to any participating fitness center. If no fitness center is available, you can cancel your membership.

Can I cancel anytime?

GlobalFit simply asks for a written notice by the 18th of the month for a membership to be canceled at the end of that month. All requests after the 18th will be effective at the end of the following month. If you have made a commitment to a fit lifestyle with GlobalFit's Commit or Lifestyle membership, you may not cancel until you have fulfilled the minimum term except in very limited circumstances, such as physical relocation or physician's advisement.

Should I call GlobalFit or my fitness center directly to cancel?

All requests, including a request to cancel, must be done through GlobalFit and not at the fitness center. You can email your request to customerservice@globalfit.com, fax to 215-751-1993, or

send a registered/certified letter to GlobalFit, 510 Walnut Street, 2nd Floor, Philadelphia, PA 19106.

I am already a member of a fitness center in the GlobalFit network; can I still get a discount?

Participation in GlobalFit is for new fitness center members only. Membership to a fitness center of which you are now, or were recently, a member may not be available.

For how long can I freeze my account?

Commit and Lifestyle Members are allowed to freeze their membership up to 2 months in a calendar year, depending on the fitness center. You will not be billed for your freeze period. Your Commit/Lifestyle Membership will be extended by the time frozen. Customers may request to freeze their membership up to the 18th of the month to be frozen for the upcoming month. Any requests after the 18th will not take effect until the end of the following month. You can email your request to customerservice@globalfit.com, fax to 215-751-1993, or send a registered/certified letter to GlobalFit, 510 Walnut Street, 2nd Floor, Philadelphia, PA 19106.

What amenities do the fitness centers in your network have?

GlobalFit has a wide variety of provider fitness centers. Each facility is different, ranging from basic exercise to spa and country fitness center-type facilities. Visit our fitness center search engine or call 800-294-1500 for a full list of amenities and hours of operation.

How do I pay for my GlobalFit membership?

All billing is done electronically through GlobalFit. Charges can be made to a major credit card, or for select fitness centers, to your checking or savings account. Please note that the GlobalFit website accepts only credit cards. To enroll with a bank account, please call 800-294-1500.

Can I enroll in the program if I don't have a credit card or bank account?

No. Like most fitness centers, all billing is done electronically. If you currently don't have an account, you may want to consider opening a small bank account just for your GlobalFit membership.