

# BCBS Frequent Fitness Program for 2020

**As a member of the 3M medical plan covered by Blue Cross Blue Shield of Minnesota, you can live healthy and save money.**

## Save money at your favorite gym

Work out 12 or more days each month and save up to \$20 per person on your monthly membership. Two adults per household may participate.\*

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If you have questions call  
JourneyWell Customer  
Service at **877-222-2054**.

### It's easy to sign up:

1. Visit [healthpartners.com/frequentfitness](https://healthpartners.com/frequentfitness) to pick a participating gym from choices like (but not limited to):
  - Anytime Fitness
  - Curves
  - LA Fitness
  - Life Time Fitness
  - Snap Fitness
2. Sign up at the gym's front desk using your **3M Employee ID\***, group number **3190E**, and health insurance: **HealthPartners**
3. Work out at least 12 times per month.
4. Get paid up to \$20 for each month you hit your goal of 12 workouts.  
Your reimbursement arrives six to eight weeks after month end.

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### \*Spouse, domestic partner or adult dependent child unique ID:

Use your spouse/domestic partner/parent's 8-character 3M Employee ID followed by your 6-digit date of birth. For example, if your spouse's 3M Employee ID is 01234567 and your date of birth is 01/22/80, please enter 01234567012280.

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Not all club locations apply. Some national clubs are owned by individual franchise owners and may not participate in the program. Frequent Fitness is limited to members, age 18 years or older, of certain HealthPartners medical plans and members of participating employer groups. Some restrictions apply. Termination of club membership may result in forfeiture of any unpaid incentive. See participating club locations for program details. Workout requirements and program eligibility may vary by employer. Please check with your employer or call Member Services to verify eligibility and visit requirements. Program payments will not exceed club dues.