Healthy Lifestyles Prime Fitness Center Network – Trader Joe’s

What is the Prime Fitness Center Network?
The Prime Fitness Center Network is offered as part of an overall health improvement program by sponsoring employers or health plans. The fitness center network provides a complimentary basic membership to a participating fitness center. If you are eligible, you can use amenities such as steam and sauna rooms and exercise equipment.

Is the membership available at no extra cost?
Yes, if you are eligible, the membership is provided at no cost to you! There are no sign-up or monthly fees for access to the participating fitness centers in the Prime Fitness Center Network.

Which fitness centers may I attend?
If you are eligible, you can attend any Prime network fitness center countrywide. This means you can even work out when you are out of town for work or play.

Can I go to more than one fitness center?
Yes. There are no limitations as to how many fitness centers you can attend. This means you can go to Fitness Center A on Mondays, Fitness Center B on Tuesdays, Fitness Center C on Wednesdays, etc.

Can I go to non-network fitness centers?
Of course, but we do not reimburse memberships at non-network fitness centers.

What if I already belong to a fitness center?
1. If the fitness center you belong to is a participating fitness center in the Prime network, you will only need to make a few small changes. Upon your enrollment in the Prime Fitness Center Network, you should request your membership to be “frozen”. 2. If your fitness center is NOT a participating fitness center in the Prime network, you can switch to a fitness center within the network, but your membership with your original fitness center will NOT be “frozen.”

Why is the Prime network only available to members 18 years of age and older?
Many of the fitness centers in the Prime network have strict age requirements and most of them do not allow members under the age of 18 without the presence of a parent of guardian. Because of this, we cannot make any part of the Prime network available to minors for liability reasons. For example, if a minor decided to go to a Prime fitness center that was not open to minors, the fitness center never asked his/her age and the member was injured, the fitness center (or Prime) could be held liable.

Will the fitness center be handicap accessible?
Full handicap accessibility cannot be guaranteed at each fitness center and it is recommended that you call the fitness center before your visit. However, almost all fitness centers are wheelchair accessible.

What if I have health problems?
If you have any concerns about your health, you should consult your physician prior to exercise. Some people may need to start slower than others because of a health condition. The staff at the fitness center will be able to direct you to equipment or classes that will best suit your needs.
Once enrolled, what should I take with me to the fitness center?
You will need to take the Prime membership card with you that you received in the mail. The fitness center will be able to identify you as eligible and activated in the network by identifying the Prime logo on your membership card. The fitness center may ask you to complete their required forms, including a waiver or health form, before utilizing their facilities.

How long will the process take?
The first time you go to the fitness center, the process should take less than 5 minutes. Some fitness centers will provide you with their specific visit tracking cards to use in place of our membership card, so please allow enough time for this to occur on your first visit. If you wish to have a tour of the fitness center during this visit, please allow a few additional minutes.

Is anyone available to show me around?
Yes, each fitness center will provide either group or individual fitness center tours and fitness equipment demonstrations. The tours usually occur upon enrollment. The equipment demonstrations may occur at the same time or as arranged by the fitness center staff.

What should I wear to the fitness center?
A general rule is to wear comfortable clothing. Breathable, non-binding fabric such as cotton is best. Participants should also wear comfortable, rubber-soled shoes (not hard-soled). Check with the fitness center you sign up with for specific dress code information.

How do fitness centers benefit?
Our fitness partners benefit from fully supported programs featuring no cost to acquire new members, sponsored marketing to generate enrollments and opportunities for supplemental revenue, and compensation based on member participation. Our programs provide the support and motivation that keeps people engaged in healthy lifestyle choices.

I want to work out at a Bally Total Fitness location. How do I do that?
To use a Bally Total Fitness club, you can sign up online through Healthy Lifestyles after February 27:
1. Visit Healthy Lifestyles at anthem.com/traderjoes.
2. Select the Resources & Tools tab and then the Fitness Centers link.
3. Look up a Bally Total Fitness club near you and select the online registration link. Fill out the registration screens that follow.
4. A confirmation e-mail will be sent to you. Bring a printout of this to the club to get a Bally Total Fitness card – and then you can start working out!

If you want to sign up before February 27, call 1-877-252-8410 and a customer service representative can help you sign up.