



Happy New Year from your ALADS Board of Directors!

Is one of your New Year's resolutions to get healthy and hit the gym?
Are you aware that if you're on an ALADS Anthem Blue Cross health plan, you
have access to 10,000 gyms nationwide at no additional cost to you?

**Follow these steps below to access your
ALADS Anthem Blue Cross gym membership ID number:**

1. Go to www.primemember.com
2. Select "Sign Up"
3. Enter 5 pieces of information
 - a. First Name
 - b. Last name
 - c. DOB
 - d. ZIP
 - e. Email
4. Select I'm not a robot
5. Select submit

It's
that
easy!



To check if your gym participates in the program or which gyms you can access,
go to <https://tools.primemember.com/LocationSearch>



Just bring your 16-digit ID prime fitness ID number to a participating gym
and tell them you have the Prime Fitness Benefit!



If you have any questions or need assistance accessing your benefit, please call
Benefit Service Center at **(800)842-6635**