

ALADS Anthem Blue Cross Gym Membership Directions

ALADS Anthem Blue Cross Gym Membership and Mobile Health App Directions

ALADS Anthem Blue Cross Health Plan Members:

Are you aware that if you're on an ALADS Anthem Blue Cross health plan, you have access to over 10,000 gyms nationwide at no additional cost to you?

ALADS offers the Prime Fitness Benefit and a mobile health app to all members and their dependents over age 18 and enrolled in an ALADS Anthem Blue Cross medical plan. The Prime Fitness Benefit allows you access to over 10,000 fitness centers across the country! All you need to start working out is your Prime Fitness Program ID number.

The Mobile Health Consumer app serves as your one-stop for all of your Anthem Blue Cross plan information and other ALADS exclusive benefits. As a reminder, ALADS continues to provide some of the most exclusive benefits to members and their families. Best of all, the ALADS exclusive benefits are automatically included in your Anthem Blue Cross medical plan! Use these benefits as your opportunity to take-charge of your health and well-being through the Prime gym membership and Mobile Health Consumer app.

ALADS Prime Fitness Benefit

The ALADS Anthem Blue Cross medical plans include the Prime Fitness Benefit which offers access to gym memberships at no additional cost. Not only are the monthly gym membership fees included in your health plan, but the annual fees and sign-up fees are waived at each of the 10,000 gyms included in the Prime Fitness network. The Prime Fitness Benefit includes some of the most popular fitness centers across the country. To quickly find fitness centers located near you, just go to <https://tools.primemember.com/LocationSearch> and search by your address and city or zip code.

Through the program you will not be tied down to one facility; instead you can go to an Anytime Fitness one day and then go to an LA Fitness the very next day, even if it's in another state! Simply show your Prime Fitness Program Member Card or Prime Fitness Program ID Number, at the front desk of any participating gym and you're ready to start working out. Please note, that some gyms may issue an individual copy of their own membership ID card to you as well.

How Can I Register for the Prime Fitness Benefit?

Using a computer or mobile device go to <https://www.primemember.com>. Click the "Sign Up" button located under "Start your Fitness Now" or at the top of your screen. When prompted, enter the following information associated with your ALADS Anthem Blue Cross account: First

Name, Middle Initial, Last Name, Date of Birth (MM/DD/YYYY), Zip Code, and Email Address. Once you have entered your information, check the box titled "I'm not a robot" and click "Submit."

If you are enrolled in an ALADS Anthem Blue Cross plan, the next screen should read "Success! You have Prime Fitness benefit." Now all you need to start working out is your Prime Fitness ID card or number, located on the same screen. Simply print this page with your digital Prime Fitness ID card and bring it to any participating Prime fitness gym or facility.

Anthem Mobile Health App Features

Sometimes managing your family's healthcare can be difficult and confusing. That's why ALADS has partnered with Anthem to create a user-friendly app for you and your family. The Mobile Health Consumer app is available to all members and dependents over the age of 18 and enrolled in an ALADS Anthem Blue Cross medical plan. On the app you have access to exclusive features and tools including:

- View your Anthem Blue Cross deductibles and balances
- View and download ID cards
- Access your benefit summaries
- Find an Anthem Blue Cross doctor or dentist
- Access information and links on other benefits included with your ALADS Anthem Blue Cross medical plan
- Consult a physician 24/7 through LiveHealth Online

How Can I Download and Register for the Mobile Health Consumer App?

The ALADS Mobile Health app is now accessible via smartphone, tablet, or smart watch and runs on both iOS and Android devices. Go to the [App Store](#) or [Play Store](#) and download the Mobile Health Consumer app. Open the app and select "Register Now" and on the next screen enter your first and last name, last four digits of your social security number, and your birthday (example: 05/23/1985). You will automatically be provided with a username. You can choose to keep this username or create a new one. You can now choose your password and enter your email address.

You can also access the Mobile Health Consumer app on the web if you do not have a smartphone or up-to-date mobile device. You and your dependents over the age of 18 can register for Mobile Health Consumer online at <https://www.mobilehealthconsumer.com/web/pages/login.html>. Each eligible member of your family will need to create their own username and password to access their version of the Mobile Health app.

If you have trouble signing up for your gym membership, please call Benefit Service Center at (818) 678-0040 or toll-free at (800) 842-6635.

