



Partners for good health

Healthy *Blue* Living, *Blue Care Network's* innovative plan that rewards members who adopt healthier lifestyles, and the **YMCA**, the number one name in family health and wellness, are joining to help your employees get healthy.

When you purchase BCN's Healthy *Blue* Living, you're eligible to participate in a unique YMCA corporate membership program with pricing and programming customized to the needs of your workforce. This special membership can provide your employees access to YMCA facilities across the state.

At the YMCA, your employees will benefit from a wide range of health and fitness activities. Classes include aerobics, cycling, dance, karate, Pilates and yoga. The YMCA also offers personal training by certified personal trainers for a customized workout.

To learn more about YMCA membership and to find your nearest YMCA, call **313-267-5300, ext. 360**. To find out about specific programs and classes, visit ymcadetroit.org.

Remember, this opportunity is available only to groups that purchase Healthy *Blue* Living. To add Healthy *Blue* Living to your benefit options, contact your Blues-contracted agent or sales representative. For more information, call **800-464-BLUE (2583)**.

MiBCN.com



**Blue Care
Network**
of Michigan

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