



Keep moving with a Fitness Pass membership.

Only \$12.50 per eligible member per month.



As a Presbyterian Health Plan member, you and your dependents have access to more than 8,500 fitness, recreation and community centers, including:

- Defined Fitness locations in Albuquerque, Rio Rancho, Farmington and Santa Fe
- Prime Fitness network (nationwide)
- Fifty percent discounts at all Sports & Wellness facilities



www.defined.com

Defined Fitness is one of New Mexico's premier health clubs, offering a wide variety of group exercise classes, supervised child care and state-of-the-art strength training and cardiovascular equipment. All locations feature an aquatic complex with an indoor pool, hot tub, dry sauna and steam room.



www.primemember.com

The Prime Fitness network provides group exercise classes and amenities such as pools, sport courts, tracks and more. You can visit participating locations nationwide as often as you like, including select CHUZE, YMCAs, Snap Fitness, Curves® and more. When you use Prime Fitness, your fitness travels with you.



www.sportsandwellness.com

Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for 25+ years. Enjoy a special Presbyterian rate of 50% off traditional membership fees and experience five-star service and first-rate amenities at five New Mexico locations and other clubs across the country.

Fitness Pass program enrollment is easy. How to start:

For quick access and to learn more about Fitness Pass, go to www.phs.org/wellness.

Or, from www.phs.org you can:



- All enrolled health plan members aged 18 and older are eligible to enroll. Employees must enroll in the program for dependents to be eligible for the program.
- Once enrolled, Presbyterian will automatically debit your account or credit card each month.
- Your enrollment will last through the current calendar year, and you must reenroll each year.

Your journey to a healthier you is as easy as a few clicks!




1. Visit www.phs.org/wellness.
2. Sign in using your myPRES credentials. Need a myPRES account? Sign up at www.phs.org/myPRES.
3. Select the eligible family members that would like to enroll. Remember, only enrolled members aged 18 and older are eligible for the Fitness Pass.
4. Fill out the banking information. Presbyterian accepts checking/debit accounts and most major credit cards.
5. Print/save a copy of your confirmation page. If you have any questions, please call our customer service center using the number on the back of your Member ID card and reference the confirmation number.
6. We will send your eligibility information beginning the first of the following month.
7. Visit the gym of your choice. At Defined Fitness and Sports & Wellness, you will be issued an ID card directly by the gym after you present your Presbyterian Member ID card. If you want to use Prime Fitness, visit www.primemember.com to obtain a Prime ID Card before visiting a gym in that network.

Some things to keep in mind about your Fitness Pass membership

- You can use as many gyms simultaneously as you would like; there is no limit to the number of gyms you can utilize.
- Upon enrollment, your fitness pass eligibility will start on the first of the following month.
- Initial enrollment is open all year, although if you enroll you are committed through the calendar year.
- Eligible dependents must be at least 18 years of age to participate.
- Dependents living outside of New Mexico can still participate and have access to the nationwide Prime Fitness Network.
- You must be active on your Presbyterian Health Plan policy to remain eligible for the Fitness Pass.
- Fitness Pass accounts cannot be changed or cancelled voluntarily.
- If your account is cancelled for non-payment, you cannot re-enroll until the following year.
- All gym memberships through the Fitness Pass are basic memberships; upgrades may be purchased directly through the fitness center.

As a Presbyterian Health Plan member, you and your dependents have access to more than 10,000 national, regional and local fitness, recreation and community centers for a small fee. These facilities include all Defined Fitness locations in Albuquerque, Rio Rancho, Santa Fe and Farmington, as well as the nationwide Prime Fitness network. Discounts are available for all Sports & Wellness facilities.

We know that staying active and healthy is important to you, to live your best life. Whether you are at home, traveling, or just want to try something new, there are convenient locations, hours that fit your busy lifestyle, and a variety of classes and programs that let you manage fitness *your way!*

			
Description	Visit more than 10,000 participating locations nationwide as often as you like, including select YMCAs, Snap Fitness, Curves®, Crunch® Fitness, Planet Fitness and Anytime Fitness. Visit any location in the network – your fitness benefit travels with you, wherever you go. Classes and amenities vary by location.	These facilities include all nine Defined Fitness locations in Albuquerque, Rio Rancho, Santa Fe, and Farmington, as well as the nationwide Prime Fitness network. Defined Fitness is one of New Mexico’s premier health clubs.	Sports & Wellness is where Albuquerque has gone to find fun, friends and fitness for more than 25 years. Enjoy a special Presbyterian Health Plan member rate and experience five-star service and first-rate amenities at five New Mexico locations.
Participating Locations	Nationwide	Albuquerque, Rio Rancho, Santa Fe and Farmington, NM	Albuquerque, NM
Fees	\$12.50 per enrolled member per month entitles you to full access to Prime and Defined Fitness and a discount on Sports & Wellness gym fees.		
How to access	On the first of the month after enrolling, visit www.primemember.com to get a Prime ID Card before visiting the gym of your choice	On the first of the month after enrolling, show your Presbyterian Member ID card to gain access and you will be issued an ID card directly by the gym	On the first of the month after enrolling, show your Presbyterian Member ID card to gain access and you will be issued an ID card directly by the gym
Network	www.primemember.com	www.defined.com	www.sportsandwellness.com
Available services (some may have an additional cost)			
Fitness equipment	Yes	Yes	Yes
Group exercise classes	Yes	Yes	Yes
Personal Training	Most locations	Yes	Yes
Pool	Indoor/outdoor	Indoor	Indoor/outdoor
Sauna/Whirlpools	Yes	Yes	Yes
Sports courts	Yes	No	Yes
Track	Yes	No	No
Childcare	Some locations	Yes	Yes