

Redeem Your Free YMCA Membership Today!

The YMCA is offering Horizon Blue Cross Blue Shield of New Jersey members a free, one-month membership at any of the 36 participating YMCAs throughout the state.

The *Gateway Family Membership* is designed to provide families who are new to the YMCA, access to a full array of services and many health and wellness programs.

The YMCAs welcome men, women and children in an environment nurturing positive values.



Here's how the program works ...

It's simple. To redeem your free, one-month membership, please present this coupon, your Horizon BCBSNJ ID card and a picture ID to a participating YMCA staff person.

Your membership includes:

- Complete tour of the facility and fitness equipment, including all YMCA amenities.
- Fitness assessment and orientation, conducted by a YMCA staff person.

For more information or to find the participating YMCA facility closest to you, please log on to www.HorizonBlue.com/Discount_Programs/YMCA.

Note: The Gateway Family Membership can be converted to a full-family, privileged membership at the conclusion of the free-month membership. Financial aid is also available to participants who qualify for assistance in converting their membership.

This offer is available to Horizon BCBSNJ members and family members who have not had a YMCA membership within the past year. Offer cannot be combined with multiple YMCAs. Offer valid January 1, 2009 through December 31, 2009.





Thank You For Your Continued Membership.

We value you as a customer and will continue to *Make Healthcare Work* for you and your family.

Please see reverse side for exciting member-only offer!



Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work.

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Did you know . . .

As a valued member of Horizon BCBSNJ, you have access to the Horizon Health Assessment Tool (HAT).

The HAT is an internet tool designed to gather information about your general health and provide you with important feedback to help you improve your overall wellness. One of the benefits of utilizing the internet tool is that it generates an individualized health summary report that you can print and take with you to your next physician visit when discussing your health options.

Log on to www.HorizonBlue.com/MHM today to complete your HAT.