

Gym Network 360™

A Health and Wellness discount program from GlobalFit for SummaCare members

As a SummaCare member, you have access to GlobalFit's Gym Network 360, which can help make your wellness goals a reality through programs focusing on the essential components of wellness: Exercise, Eating and Education.

Through GlobalFit, you can achieve optimal health and wellness and it doesn't have to be complicated or expensive. GlobalFit provides you with access to the right products at the right price, including discounted health club memberships, nutrition programs, virtual programs, vitamins/supplements and educational resources.

Gym Network 360 gives you access to the following:

EXERCISE

- Gym membership discounts and flexible membership options
- Discounts on wearable technology, such as heart rate monitors or activity trackers
- GlobalFit Anywhere app is available and gives members access to individual virtual and in-person fitness classes at a discounted rate
- Engage in Workouts at Home, virtually, through a subscription

EATING

- Discounts on top-ranked healthy eating programs like Jenny Craig® and Nutrisystem®
- Custom product recommendations and 10% off vitamins, supplements and other wellness products
- Online weight-loss programs designed specifically for men and women
- CHARGE, an outcome driven tele-nutrition program for participants to meet 1-on-1 with registered dietitians to establish personalized plans focusing on their specific nutrition needs (fee-based)

EDUCATION

- Motivation fitness and nutritional resources and tools
- Announcements to let you know about new discounts, promotions and new fitness facilities in your area
- An interactive monthly digital magazine

For more information about GlobalFit's Gym Network 360 discount program, please call **800.294.1500** or visit globalfit.com/summacare.

