



**Blue Cross
Blue Shield**
of Rhode Island

BlueCHIP[®]
For Medicare

Are you ready to
take the next step to
improve your health?



Living Fit, a health and wellness program for BlueCHiP for Medicare members

At BlueCHiP for Medicare, we believe that anyone can lead a healthier life. It's well known that physical activity and a healthy diet can improve your quality of life. That's why we created **Living Fit**, a health and wellness program available to all BlueCHiP for Medicare members.

Health Club Membership

An unlimited-use health club membership is available at network facilities for only \$15 per month.

With your membership, you can take advantage of:

- Group fitness classes (Additional costs may apply.)
- State-of-the-art exercise equipment
- Knowledgeable, courteous staff
- Indoor swimming pool (available at some facilities)
- No contract obligations or enrollment restrictions



Enrolling is easy! To receive your health club membership benefit, you can enroll directly at one of the network facilities listed in this brochure. All you need to do is present your BlueCHiP for Medicare identification card. Before signing up, you can receive a tour and a free one-week trial membership to see if the facility is right for you.

Get started on your new path to fitness!

For more information, please call Customer Service at: **(401) 277-2958**
or **1-800-267-0439, TDD: (401) 831-2202** or **1-877-232-8432**

Customer Service hours for BlueCHiP for Medicare Part D inquiries are seven days a week from 8:00 a.m. to 8:00 p.m. Customer Service hours for all other inquiries are Monday through Friday from 8:00 a.m. to 8:00 p.m. and Saturday from 8:00 a.m. to 2:00 p.m.

Participating Health Clubs

*Below is a partial list of participating network facilities.
If you have questions, please call Customer Service at the numbers listed above.*

30 Minutes to Fitness

2244 Plainfield Pike
Cranston, RI 02920
(401) 943-0030

Absolute Fitness*

2727 South County Trail
East Greenwich, RI 02818
(401) 884-0330

American Health Fitness Center*

555 Quaker Lane
West Warwick, RI 02893
(401) 828-3458

Atlantic Health & Fitness

31 Shove Street
Tiverton, RI 02878
(401) 624-3440

The Body Shop for Women

Maple Root Centre
2435 Nooseneck Hill Road
Coventry, RI 02816
(401) 663-6320

Bristol Total Fitness

685 Metacom Avenue
Bristol, RI 02809
(401) 254-3900

Core Fitness Center

5600 Post Road
East Greenwich, RI 02818
(401) 886-4700

Curves – Barrington

286 Maple Avenue
Barrington, RI 02806
(401) 245-1445

Curves – Chepachet

1153 Putnam Pike
Chepachet, RI 02814
(401) 568-9393

Curves – Coventry

840 Tiogue Avenue
Coventry, RI 02816
(401) 586-6333

Curves – Cranston

713 Oaklawn Avenue
Cranston, RI 02920
(401) 943-1393

Curves – Cranston

1083 Park Avenue
Cranston, RI 02910
(401) 942-3350

Curves – Cumberland

1800 Mendon Road
Cumberland, RI 02864
(401) 334-9944



* **Facilities marked with an asterisk have a swimming pool.**

Curves – East Greenwich

533 Main Street
 East Greenwich, RI 02818
 (401) 886-7799

Curves – Johnston

1500 Atwood Avenue
 Johnston, RI 02919
 (401) 454-5755

Curves – Lincoln

111 Higginson Avenue
 Lincoln, RI 02865
 (401) 725-1880

Curves – Middletown

936 Aquidneck Avenue
 Middletown, RI 02842
 (401) 841-9650

Curves – Narragansett

883 Boston Neck Road
 Narragansett, RI 02882
 (401) 783-3717

Curves – North Kingstown

6665 Post Road
 North Kingstown, RI 02852
 (401) 884-4599

Curves – North Providence

360 Sunset Avenue
 North Providence, RI 02904
 (401) 354-4545

Curves – North Smithfield

175 Eddie Dowling Highway
 North Smithfield, RI 02896
 (401) 762-3388

Curves – Pawtucket

20 Carter Avenue
 Pawtucket, RI 02861
 (401) 312-0311

Curves – Portsmouth

2461 East Main Road
 Portsmouth, RI 02871
 (401) 682-2250

Curves – Richmond

1146 Main Street
 Richmond, RI 02898
 (401) 539-8725

Curves – Riverside

660 Bullocks Point Avenue
 Riverside, RI 02915
 (401) 437-4200

Curves – Rumford

56 Newport Avenue
 Rumford, RI 02916
 (401) 438-0331

Curves – Smithfield

375 Putnam Pike
 Smithfield, RI 02917
 (401) 232-0712

Curves – South Kingstown

1918 Kingstown Road
 Wakefield, RI 02879
 (401) 783-5485

Curves – Tiverton

525 Main Road
 Tiverton, RI 02878
 (401) 624-3486

Curves – Warwick

957 Namquid Drive
 Warwick, RI 02888
 (401) 738-1222

Curves – Warwick

2914 Post Road
 Warwick, RI 02886
 (401) 223-7366



*** Facilities marked with an asterisk have a swimming pool.**

Participating Health Clubs *(continued)*

Curves – West Warwick

289 Cowesett Avenue
West Warwick, RI 02893
(401) 826-1352

Curves – Westerly

62 Franklin Street
Westerly, RI 02891
(401) 348-9428

Curves – Woonsocket

275 Social Street
Woonsocket, RI 02895
(401) 766-9922

Davol Fitness & Spa

3 Davol Square, Suite A100
Providence, RI 02903
(401) 383-9600

East Bay Fitness

426 Metacom Avenue
Warren, RI 02885
(401) 247-7440

Firm Results

567 South County Trail
Exeter, RI 02822
(401) 268-3878

Fore Court Racquet & Fitness Club

44 Cray Street
Cumberland, RI 02864
(401) 333-4480

Gold's Gym

1000 Division Street
East Greenwich, RI 02818
(401) 223-4444

Gold's Gym

603 Pawtucket Avenue
Pawtucket, RI 02860
(401) 722-6600

Healthtrax Fitness & Wellness at the Care New England Wellness Center*

15 Catamore Boulevard
East Providence, RI 02914
(401) 434-3600

Healthtrax Fitness & Wellness at the Care New England Wellness Center*

2191 Post Road
Warwick, RI 02886
(401) 732-2413

Healthy Inspirations – Wakefield

730 Kingstown Road
Wakefield, RI 02879
(401) 783-1661

Ladies Workout Express

1408 Atwood Avenue
Johnston, RI 02919
(401) 383-5694

Ladies Workout Express

2519 Warwick Avenue
Warwick, RI 02889
(401) 732-5401

Lady of America Fitness Center

1745 Main Street
West Warwick, RI 02893
(401) 826-5239

Landmark Heart Center

186 Cass Avenue
Woonsocket, RI 02895
(401) 769-9355

Newport Athletic Club*

66 Valley Road
Middletown, RI 02842
(401) 846-7723

* **Facilities marked with an asterisk have a swimming pool.**

Participating Health Clubs *(continued)*

Next Level Fitness

35 Village Plaza Way
North Scituate, RI 02857-1849
(401) 934-2040

Next Level Fitness II

970 Douglas Pike
Smithfield, RI 02917
(401) 232-3375

Next Level Fitness Cumberland

3751 Mendon Road
Cumberland, RI 02864
(401) 658-4400

Peak Fitness

200 High Point Avenue
Portsmouth, RI 02871
(401) 683-6033

The Physique Company

170 York Avenue
Pawtucket, RI 02860
(401) 723-3060

River Bend Athletic Club

316 Columbia Street
Peace Dale, RI 02883
(401) 789-9585

Sedona Fitness for Women

876 West Main Road
Middletown, RI 02842
(401) 841-0077

Silva's Fitness Center

3769 Old Post Road #A
Charlestown, RI 02813
(401) 364-5460

South County Hospital Wellness & Prevention Center

100 Kenyon Avenue
Wakefield, RI 02879
(401) 788-1697

Woonsocket Health & Racquet Club*

600 Social Street
Woonsocket, RI 02895
(401) 766-6766

World Gym – South Kingstown

55 Village Square Drive
Wakefield, RI 02879
(401) 792-9800

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Your Plan for Life.™

www.BCBSRI.com

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