

# Live healthy — anytime, anywhere



Unlock a healthier you with the **Life Time® Digital fitness program** at no extra cost. The Life Time Digital app provides access to hundreds of on-demand and live fitness classes, meditations, plus nutrition and lifestyle articles to support your well-being goals.

## App highlights:

- Over 500 weekly classes led by top instructors
- Exercise anytime, anywhere, with live streaming and on-demand cardio, strength, yoga, and more
- Expert-designed coaching programs covering nutrition, exercise, strength, recovery, and healthy habits
- Discover the benefits of guided meditation with hundreds of hours of support led by a dedicated team of mental health experts
- Expert-curated, evidence-based resources are just a tap away, covering physical, mental, spiritual, and social aspects of a healthy life

*The Life Time Digital membership is not available with all Medica plans. If your coverage with Medica ends, you have the option to cancel or continue your Life Time Digital membership. If you continue, you are responsible for the monthly membership cost.*

## New year, new journey

Beginning January 1, 2024, follow these four simple steps to enroll:

1. Log in to your member account at **Medica.com/SignIn**
2. Select “**Programs + Tools**” under the “**Wellness**” section in the navigation menu
3. Under “**Life Time Digital**,” click “**Sign up**”
4. Once you’ve signed up for your Life Time Digital account, download the Life Time Digital app from the Apple Store or Google Play to begin your journey



## Have questions? We're here to help.

Call Member Services at the number on the back of your Medica ID card (TTY: 711) or find answers to commonly asked questions in your member account at **Medica.com/SignIn**.