



UNIVERSALSM
HEALTHCARE

Introducing Universal's **VitalifeSM**

The Complete Healthy-Living Plan For Medicare Beneficiaries

At Universal Health Care, we believe kicking up your heels on a steady basis can help you stay healthy and strong. That's why we offer our members the VitalifeSM program at no additional cost beyond their monthly plan premium.



VitalifeSM FACILITY LISTINGS

Finally, A Health Plan With A Plan For Your Health Take Charge, Be Active, Live Well!

Universal's VitalifeSM Program includes:

- Full membership privileges at participating and accredited health and fitness facilities. Enroll for a local health and fitness facility membership without membership fees. VitalifeSM members will receive a fitness orientation at their primary location.
- Group exercise classes in select locations to improve your overall fitness by increasing muscular strength and cardiovascular endurance, as well as flexibility, agility, and balance. Fee-based programming beyond what is available with a general membership at your primary facility is not included.
- Our online Wellness Program will help you live a healthy, happy, and fulfilling life by helping you quit smoking, reduce stress, get into shape, and gain or lose weight.



TAKE CHARGE, BE ACTIVE, LIVE WELL!

Get Started Today!

To receive full membership privileges at a participating facility:

1. You will find VitalifeSM participating facilities and their locations in this Facility Listings booklet. The facilities are listed by state and then by county. Select the primary facility you wish to join.
2. You will find a VitalifeSM Facility Registration Form in the back of this booklet. After you enroll with Universal Health Care, complete the registration form, which includes your primary care physician's signature, and mail or fax to WellQuest, 550 Broad Street, Suite 802, Newark, New Jersey 07102-4531; Fax: 1-877-250-7533. Please use a separate registration form to enroll each Plan member. When faxing applications, check the fax confirmation sheet to be sure the transmission was completed. Please allow three weeks of processing time. Universal Health Care has partnered with WellQuest, Inc. to provide the VitalifeSM program.
3. Once your application is processed, a welcome letter and a VitalifeSM ID card will be sent to your home from WellQuest in a WellQuest envelope. The welcome letter will include the name of the primary facility you chose, your name, and a start date for the program. Bring both the welcome letter and the VitalifeSM ID card to the facility you chose as your primary location to begin a membership. Please bring your VitalifeSM ID card to this facility each time you attend. (This may vary; check with your primary facility.) Contact WellQuest at 1-877-250-7522 if you have not received your welcome letter and VitalifeSM ID card three weeks after submitting an application.

To nominate a facility for consideration please contact WellQuest at 1-877-250-7522. Please check the VitalifeSM page on the Universal Health Care web site at www.univhc.com for an updated listing or call Member Services at 1-866-690-4842, (TTY 1-800-617-0177).

VitalifeSM on the move:

Take advantage of your VitalifeSM membership privileges at health and fitness centers when you travel. Participating fitness locations can be found in this Facility Listings booklet, at www.univhc.com or by calling Member Services at 1-866-690-4842 (TTY 1-800-617-0177). You must bring your VitalifeSM ID card to the fitness location to gain access. Visits outside your primary facility will be limited to sixteen visits each year with a maximum of four visits per month. If you are traveling within the VitalifeSM facility network and will be gone longer than 30 days, you can change your primary facility for unlimited usage.

Changing your primary facility:

You can change your primary facility by notifying WellQuest at 1-877-250-7522. You will not need a new VitalifeSM ID card, but will be sent an updated letter indicating your new primary facility choice and start date. To begin your membership at this new location, please bring both the updated welcome letter and VitalifeSM ID card.

CONTACT INFORMATION

For questions about VitalifeSM fitness centers, VitalifeSM enrollment, VitalifeSM ID cards, to nominate a facility, or to change your primary facility, please contact *WellQuest**:

1-877-250-7522 or TTY at 1-800-506-0112

Monday through Friday from 9am to 5pm Eastern Time.

For updated facility listings, please contact the *Vita Line*:

1-888-550-7854.

You will be asked to provide your name and address to have your updated VitalifeSM facility listings sent to you.

For other questions about Universal Health Care's VitalifeSM Program, please contact *Universal Health Care*:

1-866-690-4842 or TTY at 1-800-617-0177

Monday through Sunday from 8am to 8pm Eastern Time.

The Universal Health Care Web site is full of useful health information. For a Physician Listing, VitalifeSM Program, or Self Help Works Nutritional information, please visit: www.univhc.com.

**Services in Universal's VitalifeSM program are administered exclusively by WellQuest, Inc.*

There is no cost or obligation for this program. If you wish to take advantage of the program's membership in one of your local fitness centers listed herein, simply follow these steps:

1. Fill in your personal information. Read carefully, print clearly, and sign.
2. Choose the facility you wish to join and write the Facility ID Number in the space provided.
3. Take the form to your physician and have him/her sign the release.
4. Mail or fax your completed registration form to WellQuest at the New Jersey address below.

Plan Member's Name (Please Print Clearly) _____

Universal Health Care Member ID#: _____

Address _____ Apt. _____ City _____

State _____ Zip _____ Home Phone _____

Facility ID*: _____ Facility Name: _____

Facility Address: _____

*The Facility ID Number is located to the left of the facility name.

I understand that the purpose of the VitalifeSM Program is to enhance my health and fitness status and that any exercise program is a potentially hazardous activity. I verify that my participation is fully voluntary, and no coercion of any sort has been used to obtain my participation. I hereby release and discharge the under-signed physician, Universal Health Care, WellQuest, Inc., and any others connected therewith from all claims, demands, damages, and liability whatsoever that I or my representatives have or may have against any of them arising from my participation in the VitalifeSM Program.

Plan Member's Signature _____ Date _____

As the above named individual's physician, I am not aware of any reasons why this patient should not participate in Universal's VitalifeSM Program. Therefore, I release this patient for participation.

Physician's Name (Please Print) _____

Physician's Signature _____ Date _____

ATTENTION!!

Mail or fax your completed registration form to WellQuest:

Mail: WellQuest, Inc., 550 Broad Street, Suite 802, Newark, New Jersey 07102-4531 **Fax:** 1-877-250-7533

Please see contact sheet on page 3 for other important information and resources.

Club ID #	Club Name	Address (City, State, Zip)		Phone Number	Co-Ed Fitness
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UTAH

Box Elder County

9355	Anytime Fitness	35 Skyline Dr	Brigham City	UT 84302	(435) 734-9491	X
9396	Curves - designed for women	979 S Main St	Brigham City	UT 84302	(435) 723-0855	

Cache County

9273	Curves - designed for women	120 W Cache Valley	Logan	UT 83421	(435) 755-9293	
9932	Anytime Fitness	97 E 1600 N	North Logan	UT 84341	(435) 792-3539	X
9385	Curves - designed for women	896 S Main	Smithfield	UT 84335	(435) 563-5657	

Carbon County

1736	Curves - designed for women	95 E Main St	Price	UT 84501	(435) 613-2878	
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Davis County

9339	Anytime Fitness	555 S 200 W	Bountiful	UT 84010	(801) 397-2348	X
9353	Curves - designed for women	45 W 400 N	Bountiful	UT 84010	(801) 298-8700	
9371	Curves - designed for women	579 W 2600 S	Bountiful	UT 84010	(801) 292-8600	
9244	Snap Fitness	1525 N Main St	Bountiful	UT 84010	(801) 298-7627	X
9334	Curves - designed for women	200 W Parrish Lane	Centerville	UT 84014	(801) 292-4428	
9282	Curves - designed for women	129 S State St	Clearfield	UT 84015	(801) 779-2533	
9391	Curves - designed for women	928 W 1800 N	Clearfield	UT 84015	(801) 773-1880	
9356	Anytime Fitness	1803 W 1800 N, Suite E4	Clinton	UT 84015	(801) 775-0222	X
9280	Curves - designed for women	1288 N Hwy 89	Farmington	UT 84025	(801) 451-8957	
9276	Curves - designed for women	123 W 320 N	Kaysville	UT 84037	(801) 544-0737	
9359	Anytime Fitness	1330 E Hwy 193	Layton	UT 84040	(801) 771-5100	X
9383	Curves - designed for women	890 N Fairfield Rd	Layton	UT 84041	(801) 547-8808	
9247	Snap Fitness	781 E Gordon St	Layton	UT 84041	(801) 544-7627	X
9393	Curves - designed for women	965 W 1700 S	Syracuse	UT 84075	(801) 774-8800	
10184	Snap Fitness	2107 W 1700 S	Syracuse	UT 84075	(801) 528-1221	X

Duchesne County

9278	Curves - designed for women	127 W 450 S	Roosevelt	UT 84066	(435) 722-2889	
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Iron County

9387	Curves - designed for women	921 S Main St	Cedar City	UT 84720	(435) 867-0116	
9245	Snap Fitness	2333 W Hwy 56, Suite 400	Cedar City	UT 84720	(435) 867-1301	X

Juab County

9349	Curves - designed for women	347 N Main St	Nephi	UT 84648	(435) 623-0900	
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Salt Lake County

9246	Snap Fitness	3418 E 7800 S	Cottonwood Heights	UT 84121	(801) 733-7627	X
9985	Anytime Fitness	767 E 12300 S	Draper	UT 84020	(801) 553-0303	X
9274	Curves - designed for women	1222 Draper Pkwy	Draper	UT 84020	(801) 816-9989	
9286	Curves - designed for women	13100 S 5639 W	Herriman	UT 84065	(801) 446-2446	
9362	Curves - designed for women	4930 W 6200 S	Kearns	UT 84118	(801) 966-6556	
9375	Curves - designed for women	8087 W 3500 S	Magna	UT 84044	(801) 520-1316	
9037	24 Hour Fitness	5684 S 900 E	Murray	UT 84121	(801) 263-2401	X
9369	Curves - designed for women	5261 S State St	Murray	UT 84107	(801) 261-2922	
9365	Anytime Fitness	2722 W 12600 S	Riverton	UT 84065	(801) 878-3388	X
9303	Curves - designed for women	1864 W 12600 S	Riverton	UT 84065	(801) 446-6477	
9249	Snap Fitness	1728 W 12600 S	Riverton	UT 84065	(801) 253-6553	X
9034	24 Hour Fitness	1121 E Ashton Ave	Salt Lake City	UT 84106	(801) 466-2030	X

Club ID #	Club Name	Address (City, State, Zip)		Phone Number	Co-Ed Fitness
<u>Salt Lake County (cont'd)</u>					
9038	24 Hour Fitness	515 S 700 E	Salt Lake City	UT 84111 (801) 741-1124	X
9300	Curves - designed for women	1844 E 7000 S	Salt Lake City	UT 84121 (801) 942-3664	
9340	Curves - designed for women	2030 S 900 E	Salt Lake City	UT 84105 (801) 463-1511	
9346	Curves - designed for women	2191 E 3300 S	Salt Lake City	UT 84106 (801) 463-0331	
10232	Curves - designed for women	2278 E Murray Holladay Rd	Salt Lake City	UT 84117 (801) 274-2276	
9341	Curves - designed for women	2302 W 5400 S	Salt Lake City	UT 84118 (801) 840-1616	
9033	24 Hour Fitness	10365 S 1300 E	Sandy	UT 84094 (801) 619-0700	X
9378	Curves - designed for women	8532 S 1300 E	Sandy	UT 84094 (801) 748-0080	
9399	Curves - designed for women	9860 S 700 E	Sandy	UT 84070 (801) 553-8282	
9036	24 Hour Fitness	5766 S 1900 W	Taylorsville	UT 84118 (801) 968-7924	X
9039	24 Hour Fitness	3813 Center View Dr	West Jordan	UT 84084 (801) 282-9235	X
9345	Curves - designed for women	3078 W 7800 S	West Jordan	UT 84088 (801) 566-4600	
9960	Snap Fitness	7759 S 4800 W	West Jordan	UT 84084 (801) 282-2766	X
9350	Curves - designed for women	3550 S 4800 W	West Valley City	UT 84120 (801) 964-8500	
<u>Sanpete County</u>					
9352	Curves - designed for women	43 E 390 N	Ephraim	UT 84627 (435) 283-4366	
<u>Toole County</u>					
9358	Anytime Fitness	225 E Main St	Grantsville	UT 84029 (435) 884-5565	X
9372	Anytime Fitness	500 E Village Blvds	Stansbury	UT 84074 (435) 882-7478	X
<u>Uintah County</u>					
9343	Curves - designed for women	25 E Main St	Vernal	UT 84078 (435) 781-2386	
<u>Utah County</u>					
9294	Curves - designed for women	181 E 30 N	American Fork	UT 84003 (801) 763-1437	
9894	Anytime Fitness	11055 N Alpine Hwy	Highland	UT 84003 (801) 472-4600	X
9266	Curves - designed for women	10929 N Alpine Hwy	Highland	UT 84003 (801) 847-2025	
9907	Anytime Fitness	1438 E Main St	Lehi	UT 84043 (801) 768-8555	X
9366	Curves - designed for women	785 E 200 S	Lehi	UT 84043 (801) 768-4855	
9361	Anytime Fitness	643 W 700 N	Lindon	UT 84042 (801) 787-5095	X
10122	Anytime Fitness	695 N State St	Orem	UT 84057 (801) 607-1338	X
10233	Curves - designed for women	327 E 1200 S	Orem	UT 84058 (801) 426-5910	
9380	Curves - designed for women	87 W 600 S	Payson	UT 84651 (801) 465-9956	
9342	Curves - designed for women	238 E State St	Pleasant Grove	UT 84062 (801) 796-6060	
9035	24 Hour Fitness	2121 N 550 W	Provo	UT 84604 (801) 224-2096	X
9267	Curves - designed for women	1118 University Ave	Provo	UT 84601 (801) 812-0700	
9347	Curves - designed for women	3218 N University Blvd	Provo	UT 84604 (801) 343-0872	
9368	Anytime Fitness	328 E SR 73	Saratoga Springs	UT 84045 (801) 768-8900	X
9344	Curves - designed for women	28 E 100 N	Spanish Fork	UT 84660 (801) 794-1200	
9370	Anytime Fitness	665 E 400 S	Springville	UT 84663 (801) 491-9977	X
<u>Wasatch County</u>					
9360	Curves - designed for women	476 N Main St	Herber City	UT 84032 (435) 654-9988	
<u>Washington County</u>					
9269	Curves - designed for women	1141 W State St	Hurricane	UT 84737 (435) 635-7711	
9292	Curves - designed for women	157 E Riverside Dr	St. George	UT 84790 (435) 634-1133	
9298	Curves - designed for women	1812 W Sunset Blvd	St. George	UT 84770 (435) 673-5658	
9887	Anytime Fitness	1100 Canyon View Dr	Santa Clara	UT 84765 (435) 673-9962	X
9351	Curves - designed for women	41 N 300 W	Washington	UT 84780 (435) 627-8663	

Club ID #	Club Name	Address (City, State, Zip)	Phone Number	Co-Ed Fitness
Weber County				
9307	Curves - designed for women	1949 N Washington Blvd, Suite 4	North Ogden UT 84414 (801) 786-0300	
9248	Snap Fitness	428 E 2600 N	North Ogden UT 84414 (801) 737-1570	X
9271	Curves - designed for women	1156 W Riverdale Rd	Riverdale UT 84405 (801) 622-2332	
9348	Curves - designed for women	3460 W 4800 S	Roy UT 84067 (801) 731-0844	
9288	Curves - designed for women	1496 E 5600 S	South Ogden UT 84403 (801) 452-0239	

Take Charge, Be Active, Live Well!

MEDICARE
Masterpiece[®]
Plans

Any...Any...Any...[®]
PLAN

***Now A Health Plan
With A Plan For Your Health!***

If you are not already a member with Universal Health Care and would like to learn more about our health plans, call Universal at 1-866-690-4842 (TTY 1-800-617-0177), Monday through Sunday from 8am – 8pm Eastern time, except holidays, for a no obligation home visit to learn more about the many other benefits Universal Health Care Plan members receive.

Universal Health Care is a Medicare Advantage organization with a Medicare contract. Services included in Universal's VitalifeSM Program are administered exclusively by WellQuest, Inc.



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