



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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NEVADA

Churchill County

1571	Curves - designed for women	2163 W Williams Ave	Fallon	NV 89406 (775) 423-7090	
667	Total Fitness Athletic Club	1925 W Williams Ave	Fallon	NV 89406 (775) 428-2639	X

Clark County

9296	Anytime Fitness	806 Buchanan Blvd	Boulder City	NV 89005 (702) 440-3400	X
4585	Curves - designed for women	1320 Wyoming St	Boulder City	NV 89005 (702) 293-4525	
9020	24 Hour Fitness	2556 Wigwam Pkwy	Henderson	NV 89074 (702) 896-2400	X
9023	24 Hour Fitness	2893 N Green Valley Pkwy	Henderson	NV 89014 (702) 898-9999	X
9018	24 Hour Fitness	498 S Boulder Hwy	Henderson	NV 89015 (702) 568-5052	X
9321	Anytime Fitness	1510 W Horizon Ridge Pkwy	Henderson	NV 89012 (702) 202-1371	X
9322	Anytime Fitness	72 W Horizon Ridge Pkwy	Henderson	NV 89012 (702) 564-1054	X
4589	Curves - designed for women	133 W Lake Mead Pkwy, Suite 140	Henderson	NV 89015 (702) 794-2555	
504	Gold's Gym	9310 S Eastern Ave	Henderson	NV 89123 (702) 914-5885	X
8006	Ladies Workout Express	1205 W Warm Springs	Henderson	NV 89014 (702) 243-8348	
9239	Snap Fitness	1550 N Green Valley Pkwy	Henderson	NV 89074 (702) 202-1300	X
9032	24 Hour Fitness	100 City Pkwy, Suite 160	Las Vegas	NV 89106 (702) 824-9614	X
9028	24 Hour Fitness	2090 Village Center Cir	Las Vegas	NV 89134 (702) 360-2408	X
9022	24 Hour Fitness	2605 S Eastern Ave, Suite 100	Las Vegas	NV 89169 (702) 641-2222	X
9024	24 Hour Fitness	3141 N Rainbow Blvd	Las Vegas	NV 89108 (702) 656-7777	X
9017	24 Hour Fitness	4480 E Charleston Blvd	Las Vegas	NV 89104 (702) 459-4241	X
9016	24 Hour Fitness	5035 W Tropicana Ave	Las Vegas	NV 89103 (702) 876-2451	X
9963	24 Hour Fitness	5651 Centennial Center Blvd	Las Vegas	NV 89149 (888) 243-5002	X
9027	24 Hour Fitness	601 S Rainbow Blvd	Las Vegas	NV 89145 (702) 258-7080	X
9026	24 Hour Fitness	7980 W Sahara	Las Vegas	NV 89117 (702) 838-3117	X
9015	24 Hour Fitness	9875 S Maryland Pkwy	Las Vegas	NV 89123 (702) 361-8199	X
9320	Anytime Fitness	11710 W Charleston Blvd	Las Vegas	NV 89135 (702) 759-0024	X
9332	Anytime Fitness	2950 Durango Dr	Las Vegas	NV 89117 (702) 818-5310	X
9325	Anytime Fitness	500 E Windmill Lane	Las Vegas	NV 89123 (702) 540-7000	X
9925	Anytime Fitness	5105 E Sahara Ave	Las Vegas	NV 89142 (702) 207-0024	X
9333	Anytime Fitness	6125 S Fort Apache Rd	Las Vegas	NV 89148 (702) 434-0240	X
9329	Anytime Fitness	6325 E Russell Rd	Las Vegas	NV 89122 (702) 395-0024	X
9331	Anytime Fitness	6520 E Lake Mead Blvd	Las Vegas	NV 89156 (702) 731-2700	X
9335	Anytime Fitness	7537 Rainbow Blvd	Las Vegas	NV 89139 (702) 459-2424	X
9309	Anytime Fitness	8180 Blue Diamond Blvd	Las Vegas	NV 89113 (702) 873-2424	X
9330	Anytime Fitness	9436 W Lake Mead Blvd	Las Vegas	NV 89134 (702) 818-5311	X
4593	Curves - designed for women	2041 N Jones Blvd, Suites 109 & 110	Las Vegas	NV 89108 (702) 313-8781	
4592	Curves - designed for women	252 S Decatur Blvd	Las Vegas	NV 89107 (702) 307-1590	
4597	Curves - designed for women	2775 S Nellis Blvd, Suite 10	Las Vegas	NV 89121 (702) 453-1003	
4596	Curves - designed for women	4180 S Sandhill Rd, Suite B2	Las Vegas	NV 89121 (702) 898-0040	
4601	Curves - designed for women	4588 N Rancho, Suite 10	Las Vegas	NV 89130 (702) 839-9724	
4591	Curves - designed for women	6154 W Flamingo Rd	Las Vegas	NV 89103 (702) 889-2878	
4604	Curves - designed for women	6720 N Durango Dr, Suite 11	Las Vegas	NV 89149 (702) 656-9155	
4600	Curves - designed for women	7350 W Cheyenne Ave, Suite 102	Las Vegas	NV 89129 (702) 839-4000	
4603	Curves - designed for women	9360 W Flamingo Rd, Suite 104	Las Vegas	NV 89147 (702) 562-2919	
4602	Curves - designed for women	9691 Trailwood Dr, Suite 107	Las Vegas	NV 89134 (702) 228-4555	
4598	Curves - designed for women	9850 S Maryland Pkwy	Las Vegas	NV 89123 (702) 492-6245	
500	Gold's Gym	3750 E Flamingo Rd	Las Vegas	NV 89121 (702) 451-4222	X
503	Gold's Gym	4180 W Craig Rd	Las Vegas	NV 89031 (702) 646-4669	X
505	Gold's Gym	4720 W Sahara Ave	Las Vegas	NV 89102 (702) 877-6966	X
506	Gold's Gym	7501 W Lake Mead Blvd	Las Vegas	NV 89128 (702) 360-8205	X
9242	Snap Fitness	3350 Novat St, Suite 160	Las Vegas	NV 89129 (702) 731-4100	X

Club ID #	Club Name	Address (City, State, Zip)		Phone Number	Co-Ed Fitness
Clark County (cont'd)					
9241	Snap Fitness	8011 N Durango Dr	Las Vegas	NV 89143 (702) 433-7627	X
9240	Snap Fitness	9325 S Cimarron Mountains Edge	Las Vegas	NV 89178 (702) 254-7627	X
9926	Anytime Fitness	550 W Pioneer Blvd	Mesquite	NV 89027 (702) 346-3121	X
9019	24 Hour Fitness	2106 W Craig Rd	North Las Vegas	NV 89031 (702) 633-6034	X
9997	Anytime Fitness	5870 Losee Rd	North Las Vegas	NV 89081 (702) 399-6400	X
4605	Curves - designed for women	3315 Craig Rd	North Las Vegas	NV 89032 (702) 636-6473	
9469	Curves - designed for women	5181 Camino Al Norte	North Las Vegas	NV 89031 (702) 399-5358	
9942	Snap Fitness	37776 W Ann Rd	North Las Vegas	NV 39031 (702) 922-1043	X
9243	Snap Fitness	8360 Decatur Blvd	North Las Vegas	NV 89085 (702) 586-3089	X
4590	Curves - designed for women	263 S Moapa Valley Blvd	Overton	NV 89040 (702) 397-6966	
Douglas County					
4584	Curves - designed for women	272 E Winnie Lane	Carson City	NV 89706 (775) 884-9111	
4608	Curves - designed for women	924 D Mica Dr	Carson City	NV 89705 (775) 267-4711	
4607	Curves - designed for women	1667 Lucerne St	Minden	NV 89423 (775) 782-3350	
Elko County					
4609	Curves - designed for women	1250 Lamoille Hwy	Elko	NV 89801 (775) 778-0500	
Humboldt County					
4610	Curves - designed for women	403 Hanson St	Winnemucca	NV 89445 (775) 625-1333	
Lyon County					
4611	Curves - designed for women	145 Hwy 50 E	Dayton	NV 89403 (775) 246-9900	
9299	Anytime Fitness	1201 Penny Lane	Fernley	NV 89408 (775) 575-9300	X
4612	Curves - designed for women	1420 US Hwy 95 A N, Suite 2	Fernley	NV 89408 (775) 835-8855	
4613	Curves - designed for women	12 Hwy 208	Yerington	NV 89447 (775) 463-7000	
Nye County					
9927	Anytime Fitness	70 S Hwy 160	Pahrump	NV 89048 (775) 751-9600	X
4614	Curves - designed for women	301 S Oxbow, 13	Pahrump	NV 89048 (775) 537-1888	
Washoe County					
4627	Curves - designed for women	1080 E Aultman St	Ely	NV 89301 (775) 289-3337	
4621	Curves - designed for women	930 Tahoe Blvd	Incline Village	NV 89451 (775) 833-0664	
9726	24 Hour Fitness	1595 Sky Mountain Dr	Reno	NV 89503 (775) 747-7588	X
9030	24 Hour Fitness	6155 Neil Rd	Reno	NV 89511 (775) 827-4273	X
9337	Anytime Fitness	18603 Wedge Pkwy	Reno	NV 89511 (775) 746-8400	X
9338	Anytime Fitness	4784 Caughlin Pkwy	Reno	NV 89519 (775) 622-8034	X
9336	Anytime Fitness	6370 Mae Anne Ave	Reno	NV 89523 (775) 852-7007	X
4623	Curves - designed for women	10603 Stead Blvd	Reno	NV 89506 (775) 972-6565	
4615	Curves - designed for women	16560 Wedge Pkwy, Suite 100	Reno	NV 89511 (775) 853-2200	
4624	Curves - designed for women	3400 Kauai Court	Reno	NV 89509 (775) 329-6060	
4626	Curves - designed for women	5150 Mae Anne Ave	Reno	NV 89523 (775) 787-6464	
4625	Curves - designed for women	80 E Patriot Blvd	Reno	NV 89511 (775) 853-6767	
10050	YMCA of the Sierra	18400 Village Pkwy	Reno	NV 89508 (775) 323-9622	X
9031	24 Hour Fitness	1000 Bishop St	Sparks	NV 89436 (775) 354-2411	X
4619	Curves - designed for women	135 Isidor Court	Sparks	NV 89436 (775) 425-3777	
4616	Curves - designed for women	2351 Pyramid Way, Suite 8	Sparks	NV 89431 (775) 358-0101	
10049	YMCA of the Sierra	850 Baring Blvd	Sparks	NV 89434 (775) 323-9622	X
4617	Curves - designed for women	5295 Sun Valley Blvd	Sun Valley	NV 89433 (775) 674-2277	
4620	Curves - designed for women	2805 W US Hwy 40	Verdi	NV 89439 (775) 345-1888	

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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HEALTHCARE