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# 2024 Fitness Benefit Catalog



**1-800-688-9140 (TTY 711)**  
**Order online at [BravenSmartCard.com](https://BravenSmartCard.com)**



# Welcome!

As a member of Braven Health, you are able to purchase the fitness products listed in this catalog. This yearly benefit helps lower your out-of-pocket costs. Be sure to use your benefit amount before December 31, 2024.

## How To Order



### Order from the Fitness Catalog Online

Login online at [BravenSmartCard.com](https://BravenSmartCard.com) or on the *MyTotal Benefits* app on your smartphone to place an order. To login, you will need to:

1. Enter your Braven Health member ID number (12 digits)
2. Enter your date of birth (MM/DD/YYYY)

Once logged in, click *Fitness Benefit*, then *Shop Now* to view and order items.



### Mail

You may place your order by mailing in the order form in the back of this catalog to:

**Braven Health Fitness Orders**  
**4613 N. University Drive, #586**  
**Coral Springs, FL 33067**

If the end of the year is approaching, you can order online or call us to make sure your order is placed on time. We will deduct funds from your Fitness balance based on the date we receive your order. To ensure you make the most of your allowance, be sure to send us orders well before the end of the calendar year so that your funds do not expire before you have the chance to use them.



### Phone

If you have questions or would like to place an order over the phone, Member Service Representatives are available Monday – Friday from 8 a.m. to 8 p.m. Eastern Time (ET) at **1-800-688-9140** (TTY 711).

# Important Information

**Please keep this catalog for your entire 2024 benefit year.**

- Your order total may not exceed your benefit amount. Cash, checks, credit cards or money orders are not accepted under this benefit.
- Any benefit balance left over at the end of the year is forfeited at midnight on December 31, 2024.
- [BravenSmartCard.com](https://BravenSmartCard.com) is available 24/7, unless down for maintenance. Customer Service is available to answer questions and to take orders by phone Monday - Friday from 8 a.m. - 8 p.m.
- Items in the catalog occasionally change during the year. For the most up-to-date listing of products, product images, sizes, flavors, and quantities available, go to [BravenSmartCard.com](https://BravenSmartCard.com). Item images may not always match the items you receive.
- We cannot give you medical advice. If you have a question about a product, please talk to your health care provider.
- If you receive a damaged product, please call **1-800-688-9140 (TTY: 711)**. This product will be exchanged for an identical product at no cost to you. Please note that only damaged items can be exchanged within 30 days of purchase, no returns are allowed.
- The products purchased with your benefit are intended for Braven Health member use only to help with a health or medical need. Use of this benefit to purchase items for anyone other than yourself is prohibited.
- Your benefit allowance may not be used to purchase alcohol, tobacco, lottery tickets or firearms.
- Please allow 7 to 10 business days for your order to be delivered. If an order does not arrive after 10 business days, call **1-800-688-9140 (TTY: 711)**
- If you disenroll from your Braven Health plan, your Fitness allowance will automatically terminate on your disenrollment effective date.
- The health information provided in this catalog is general in nature and is not medical advice or a substitute for professional health care. It is provided for your information and convenience only. We do not guarantee the accuracy or completeness of the information, and do not recommend or endorse the products which are referenced in this catalog.
- All product and company names are trademarks<sup>™</sup> or registered<sup>®</sup> trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them.
- This information is available for free in other languages. To make a request, call **1-800-688-9140 (TTY: 711)** Monday - Friday from 8 a.m. to 8 p.m.
- Please contact member services if you require this document in an alternate format such as large print, Braille, or audio.

# How to Use Your Benefit Website

Online access to your benefits is available  
24/7 for a fast, easy, and secure experience!



**BravenSmartCard.com** and the **myTotalBenefits** mobile app offer many convenient features.

## You Can:

- Browse eligible Fitness items.
- Access a digital copy of your catalog.
- Monitor your available allowance balance while you shop.
- Track your order and view your order history
- Manage your account

If you need assistance accessing your online account, please call **1-800-688-9140** (TTY: **711**) Monday - Friday from 8 a.m. - 8 p.m. ET.

*Please note: Online orders must be placed prior to midnight Eastern Time on December 31, 2024 or you will forfeit your allowance.*

## Registration is Easy. To Register:

- Visit **BravenSmartCard.com** or open the **myTotal Benefits** app on your smartphone
- Click on **Register Here** to indicate you are a first time user

Enter your information exactly as it appears on your Braven Health member ID card. You will need the following to create an account:

- Braven member ID number
- Date of birth (e.g., MM/DD/YYYY)
- Current email address
- Current phone number

You will then create a unique username and password for your account. Remember to save your username and password to login in the future.

## To Log in to the Website:

- Visit **BravenSmartCard.com** or open the **myTotal Benefits** app on your smartphone.
- Enter your Braven member ID number
- Enter your date of birth (MMDDYYYY)


If it's your first time ordering online, you will need to register and set up your account. If you have already created an account online, just log in to get started!





## Fitness Items

Item # 866	\$20.00	Ab Wheel	
Item # 868	\$20.00	Adjustable Wrist/Ankle Weights 1lb	
Item # 1342	\$65.00	Aqua Therapy Exercisers, Blue, 1 pair	
Item # 458	\$9.00	Cooling Towel	
Item # 1343	\$45.00	Digi-Flex Hand and Finger Exercisers, Yellow, 1.5 lb.	
Item # 1344	\$45.00	Digi-Flex Hand and Finger Exerciser, Red, 3 lb.	
Item # 1345	\$45.00	Digi-Flex Hand and Finger Exerciser, Green, 5 lb.	
Item # 1346	\$45.00	Digi-Flex Hand and Finger Exerciser, Blue, 7 lb.	
Item # 1347	\$45.00	Digi-Flex Hand and Finger Exerciser, Black, 9 lb.	
Item # 1047	\$40.00	Digital Body Scale	
Item # 1289	\$5.00	Neoprene Dumbbell, 1 lb.	
Item # 1291	\$10.00	Neoprene Dumbbell, 2 lb.	
Item # 1292	\$14.00	Neoprene Dumbbell, 3 lb.	
Item # 1293	\$19.00	Neoprene Dumbbell, 4 lb.	
Item # 1294	\$23.00	Neoprene Dumbbell, 5 lb.	
Item # 1295	\$28.00	Neoprene Dumbbell, 6 lb.	
Item # 1296	\$33.00	Neoprene Dumbbell, 7 lb.	
Item # 1297	\$37.00	Neoprene Dumbbell, 8 lb.	
Item # 1298	\$42.00	Neoprene Dumbbell, 9 lb.	

<b>Item # 1290</b>	<b>\$46.00</b>	Neoprene Dumbbell, 10 lb.	
<b>Item # 818</b>	<b>\$10.00</b>	Earbuds Headphones with Wire	
<b>Item # 1299</b>	<b>\$4.00</b>	Economy Exercise Band 5", Non-Latex, Peach, X-Light	
<b>Item # 1300</b>	<b>\$4.00</b>	Economy Exercise Band 5", Non-Latex, Orange, Light	
<b>Item # 1301</b>	<b>\$4.00</b>	Economy Exercise Band 5", Non-Latex, Green, Medium	
<b>Item # 1302</b>	<b>\$4.00</b>	Economy Exercise Band 5", Non-Latex, Blue, Heavy	
<b>Item # 1303</b>	<b>\$4.00</b>	Economy Exercise Band 5", Non-Latex, Plum, X-Heavy	
<b>Item # 1304</b>	<b>\$4.00</b>	Economy Exercise Band 5", Non-Latex, Gray, XX-Heavy	
<b>Item # 1305</b>	<b>\$18.00</b>	Exercise Straps: Fabstretch Dynamic Stretch Strap	
<b>Item # 1306</b>	<b>\$27.00</b>	Exercise Tubing with Handles 48", Latex, Yellow, X-Light	
<b>Item # 1307</b>	<b>\$27.00</b>	Exercise Tubing with Handles 48", Latex, Red, Light	
<b>Item # 1308</b>	<b>\$27.00</b>	Exercise Tubing with Handles 48", Latex, Green, Medium	
<b>Item # 1309</b>	<b>\$27.00</b>	Exercise Tubing with Handles 48", Latex, Blue, Heavy	
<b>Item # 1310</b>	<b>\$27.00</b>	Exercise Tubing with Handles 48", Latex, Black, X-Heavy	
<b>Item # 1311</b>	<b>\$8.00</b>	Fixed-Resistance Hand Grip Exerciser, Red, Medium Resistance, 1 pair	
<b>Item # 1312</b>	<b>\$30.00</b>	Gym Bag	
<b>Item # 1313</b>	<b>\$15.00</b>	Hand Exerciser Ball, Gel Filled, Yellow, Extra Soft	
<b>Item # 1314</b>	<b>\$15.00</b>	Hand Exerciser Ball, Gel Filled, Red, Soft	
<b>Item # 1315</b>	<b>\$15.00</b>	Hand Exerciser Ball, Gel Filled, Orange, Medium	

<b>Item # 1316</b>	<b>\$15.00</b>	Hand Exerciser Ball, Gel Filled, Blue, Firm	
<b>Item # 1317</b>	<b>\$15.00</b>	Hand Exerciser Ball, Gel Filled, Green, Extra Firm	
<b>Item # 1318</b>	<b>\$60.00</b>	Hand Exerciser Balls, Gel Filled, set of 5	
<b>Item # 863</b>	<b>\$10.00</b>	Hand Towel 2-Pack	
<b>Item # 865</b>	<b>\$10.00</b>	Jump Rope	
<b>Item # 1319</b>	<b>\$18.00</b>	Massage Roller Stick	
<b>Item # 784</b>	<b>\$18.00</b>	Meal Portion Plate	
<b>Item # 1320</b>	<b>\$31.00</b>	Mini Massager with Accessories	
<b>Item # 1321</b>	<b>\$12.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Tan, XX-Light	
<b>Item # 1322</b>	<b>\$14.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Yellow, X-Light	
<b>Item # 1323</b>	<b>\$26.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Red, Light	
<b>Item # 1324</b>	<b>\$26.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Green, Medium	
<b>Item # 1325</b>	<b>\$26.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Blue, Heavy	
<b>Item # 1326</b>	<b>\$26.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Black, X-Heavy	
<b>Item # 1327</b>	<b>\$29.00</b>	Multi-Grip Exerciser 6', Non-Latex, 9 Loops, Silver, XX-Heavy	
<b>Item # 1328</b>	<b>\$62.00</b>	Pedal Exerciser with Digital Display	
<b>Item # 293</b>	<b>\$10.00</b>	Pedometer	
<b>Item # 786</b>	<b>\$25.00</b>	Portion Control Containers	
<b>Item # 867</b>	<b>\$20.00</b>	Push Up Bars	

<b>Item # 589</b>	<b>\$20.00</b>	Resistance Bands	
<b>Item # 860</b>	<b>\$20.00</b>	Resistance Bands with Foam Handle	
<b>Item # 1329</b>	<b>\$27.00</b>	Shoulder Pulley, Metal Door Bracket	
<b>Item # 1330</b>	<b>\$27.00</b>	Shoulder Pulley, Webbing Door Strap	
<b>Item # 1331</b>	<b>\$28.00</b>	Therapy Theraband Flexbar Therapy Weight, 10-Lbs., Red	
<b>Item # 1332</b>	<b>\$30.00</b>	Thigh and Leg Toner	
<b>Item # 1333</b>	<b>\$165.00</b>	Trampoline	
<b>Item # 1334</b>	<b>\$48.00</b>	Twist-N-Bend Exercise Bar, 12", Level 2, Yellow	
<b>Item # 1335</b>	<b>\$48.00</b>	Twist-N-Bend Exercise Bar, 12", Level 3, Red	
<b>Item # 1336</b>	<b>\$48.00</b>	Twist-N-Bend Exercise Bar, 12", Level 4, Green	
<b>Item # 1337</b>	<b>\$48.00</b>	Twist-N-Bend Exercise Bar, 12", Level 5, Blue	
<b>Item # 1338</b>	<b>\$48.00</b>	Twist-N-Bend Exercise Bar, 12", Level 6, Black	
<b>Item # 785</b>	<b>\$10.00</b>	Water Bottle	
<b>Item # 864</b>	<b>\$25.00</b>	Wireless Headphones	
<b>Item # 1339</b>	<b>\$30.00</b>	Workout Gloves, Mens	
<b>Item # 1340</b>	<b>\$30.00</b>	Workout Gloves, Womens	
<b>Item # 862</b>	<b>\$28.00</b>	Yoga Ball with Pump	
<b>Item # 1341</b>	<b>\$8.00</b>	Yoga Block	
<b>Item # 861</b>	<b>\$20.00</b>	Yoga Mat	



# CATALOG ORDER FORM

## STEP 1 - COMPLETE YOUR INFORMATION BELOW

Member ID (found on plan member ID card)

Date of Birth

               
  /   /     

First Name

Last Name and Suffix

MI


Street Number

Street Name

Apt/Suite #

City

State

Zip Code

               
 
      -      

Daytime Phone

Email (Optional)

Please check box if this is a new address ☐
    -      
               
 @          

## STEP 2 - PRODUCT SELECTION

Cash, checks, credit cards, or money orders are not accepted under this Fitness benefit.

Item #	Product	Quantity	Unit Price	TOTAL
1	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
2	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
3	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
4	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>
5	<input type="text"/>	<input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> . <input type="text"/> <input type="text"/>

Please use the back side of this form to add more items to your order.

Subtotal from Other Side \$     .  

Total Order \$     .  

Please mail this completed form to the following address:

Braven Health Fitness Orders, 4613 N. University Drive, #586, Coral Springs, FL 33067

This form must be received on or before December 31, 2024. Any benefit balance left over at the end of the year is forfeited at midnight on December 31, 2024.

## STEP 2 - PRODUCT SELECTION

Cash, checks, credit cards or money orders are not accepted under this Fitness benefit.

Item #	Product	Quantity	Unit Price	TOTAL
6	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
7	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
8	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
9	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
10	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
11	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
12	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
13	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
14	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
15	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
16	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
17	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
18	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
19	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
20	<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	\$ <input type="text"/>
Subtotal				<input type="text"/>

**Please mail this completed form to the following address:**

**Braven Health Fitness Orders, 4613 N. University Drive, #586, Coral Springs, FL 33067**

This form must be received on or before December 31, 2024. Any benefit balance left over at the end of the year is forfeited at midnight on December 31, 2024.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call **1-833-272-8360** (TTY **711**). This document is also available in other languages, as well as other formats, such as large print and Braille.

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