



As a member of Steward Health Choice, we want to help you and your loved ones be active and healthy. Here's how the "Health Starts Here" YMCA Extra Benefit works:

- Must be 18 years of age or older
- Go to a participating YMCA in MA, NH, or RI
- Show your Steward Health Choice Member ID card
- Pay a discounted rate of \$15 for a 7-week membership – an 85% discount on average for YMCA adult members
- Get 3 sessions with a YMCA health coach to help set your goals and activity plan

Participating YMCA locations

Massachusetts

A

[165 Haverhill St, Andover, MA 01810](#) - (978) 685-3541

[537 Pleasant St, Attleboro, MA 02703](#) - (508) 226-7700

[63 North Main St, Attleboro, MA 02703](#) - (508) 222-7422

B

[2245 Iyannough Rd, West Barnstable, MA 02668](#) - (508) 362-6500

[254 Essex St, Beverly, MA 01915](#) - (978) 927-6855

[245 Cabot St, Beverly MA 01915](#) - (978) 922-0990

[316 Huntington Ave, Boston, MA 02115](#) - (617) 927-8060

[8 Oak St W, Boston, MA 02116](#) - (617) 426-2237

[215 Bremen St, East Boston, MA 02128](#) - (617) 569-9622

[615 Washington St, Brighton, MA 02135](#) - (617) 782-3535

[320 Main St, Brockton MA 02301](#) - (508) 583-2155

C

[820 Massachusetts Ave, Cambridge, MA 02139](#) - (617) 661-9622

[150 3rd Ave, Charlestown, MA 02129](#) - (617) 286-1220

D

[34 Pickering St, Danvers, MA 01923](#) - (978) 774-2055

[276 Gulf Road, Dartmouth MA 02748](#) - (508) 993-3361

[776 Washington St, Dorchester, MA 02124](#) - (617) 436-7750

[234 Hall St, Dunstable MA 01827](#) - (978) 649-7521

E

[635 Plymouth St, East Bridgewater MA 02333](#) - (508) 378-3913

F

[199 N Main St, Fall River, MA 02720](#) - (508) 675-7841

[55 Wallace Avenue, Fitchburg MA 01420](#) - (978) 343-4847

[67 Mechanic St, Foxboro MA 02035](#) - (508) 543-2523

[280 Old Connecticut Path, Framingham MA 01701](#) - (508) 879-4420

[45 Forge Hill Road, Franklin MA 02038](#) - (508) 528-8708

G

[71 Middle St, Gloucester, MA 01930](#) - (978) 283-0470

H

[75 Mill St, Hanover, MA 02339](#) - (781) 829-8585

[81 Winter St, Haverhill, MA 01830](#) - (978) 374-0506

[45 East St, Hopkinton MA 01748](#) - (508) 435-9345

[1137 River St, Hyde Park, MA 02136](#) - (617) 361-2300

I

[110 County Road, Ipswich, MA 01938](#) - (978) 356-9622

L

[40 Lawrence St, Lawrence, MA 01840](#) - (978) 686-6190

[108 Adams St, Leominster MA 01453](#) - (978) 401-2290

[35 YMCA Drive, Lowell MA 01852](#) - (978) 454-7825

[20 Neptune Blvd., Lynn, MA 01902](#) - (781) 581-3105

M

[99 Dartmouth St, Malden, MA 02148](#) - (781) 324-7680

[40 Balcom St, Mansfield MA 02048](#) - (508) 339-3066

[40 Leggs Hill Road, Marblehead, MA 01945](#) - (781) 631-9622

[38 Reservation Road, Mattapoisett MA 02739](#) - (508) 758-4203

[497 Main St, Melrose, MA 02176](#) - (781) 665-4360

[129 Haverhill St, Methuen, MA 01844](#) - (978) 683-5266

[61 E Grove St, Middleboro 02346](#) - (508) 947-1390

N

[25 South Water St, New Bedford MA 02740](#) - (508) 997-0734

[380 Chestnut St, Needham, MA 02492](#) - (781) 449-6646

[276 Church St, Newton, MA 02458](#) - (617) 244-6050

[300 Elmwood St, North Attleboro MA 02760](#) - (508) 695-7001

[290 W Main St, Norton, MA 02766](#) - (508) 222-7292

[25 Elm St, North Easton MA 02356](#) - (508) 238-9758

[141 Longwater Drive, Norwell MA 02061](#) - (781) 264-9400

P

[259 Lynnfield St, Peabody, MA 01960](#) - (978) 977-9622

[2 Greenside Way, South Plymouth 02360](#) - (508) 927-3100

Q

[79 Coddington St, Quincy, MA 02169](#) - (617) 479-8500

R

[36 Arthur B Lord Dr, Reading, MA 01867](#) - (781) 944-9622

[285 M.L.K. Jr Blvd, Roxbury, MA 02119](#) - (617) 427-5300

S

[1 Sewall St, Salem, MA 01970](#) - (978) 744-0351

[298 Main St, Saugus, MA 01906](#) - (781) 233-9622

[472 Taunton Ave, Seekonk, MA 02771](#) - (508) 336-7103

[101 Highland Ave, Somerville, MA 02143](#) - (617) 625-5050

[39 Pleasant St, Stoneham MA 02180](#) - (781) 279-2002

[445 Central St, Stoughton MA 02072](#) - (781) 341-2016

[271 Sharps Lot Road, Swansea MA 02777](#) - (508) 678-9622

T

[71 Cohannet St, Taunton MA 02780](#) - (508) 823-3320

W

[725 Lexington St, Waltham, MA 02452](#) - (781) 894-5295

[4 Valente Drive, Westborough, MA 01581](#) - (508) 870-1320

[1972 Centre St, West Roxbury, MA 02132](#) - (617) 323-3200

[137 Lexington St, Woburn, MA 01801](#) - (781) 935-3270

[75 Shore Drive, Worcester MA 01605](#) - (508) 852-6694

[766 Main St, Worcester MA 01610](#) - (508) 755-6101

Rhode Island

[70 West St., Barrington, RI 02806](#) - (401) 245-2444

[1225 Park Ave, Cranston, RI 02910](#) - (401) 943-0444

[792 Valley Rd, Middletown, RI 02842](#) - (401) 847-9200

[7540 Post Rd, North Kingstown, RI 02852](#) - (401) 295-6501

[20 Summer St, Pawtucket, RI 02860](#) - (401) 727-7900

[438 Hope St, Providence, RI 02906](#) - (401) 521-0155

[164 Broad St, Providence, RI 02903](#) - (401) 456-0100

[165 Broad Rock Rd, South Kingstown, RI 02879](#) - (401) 783-3900

[900 Centerville Rd, Warwick, RI 02886](#) - (401) 828-0130

New Hampshire

[116 Goffstown Back Road, Goffstown, NH 03045](#) - (603) 497-4663

[206 Rockingham Road, Londonderry, NH 03053](#) - (603) 437-9622

[30 Mechanic Street, Manchester, NH 03101](#) - (603) 623-3558

[6 Henry Clay Drive, Merrimack NH 03054](#) - (603) 881-7778

[24 Stadium Drive, Nashua NH 03062](#) - (603) 882-2011

[175 Plaistow Road, Plaistow, NH 03865](#) - (603) 382-0641

[550 Peverly Hill Road, Portsmouth, NH 03801](#) - (603) 431-2334

[35 Industrial Way, Rochester, NH 03867](#) - (603) 332-7334

Only current and eligible Steward Health Choice members can get Extra Benefits. Some restrictions may apply. Extra Benefit programs are subject to change or discontinuation without prior notice.