

Getting active just got easier



Did you know that as an Active&Fit® member you can go to participating fitness centers or select YMCAs for \$100 per year?

Some locations offer use of aerobic and strength training equipment, along with use of features such as saunas, pools, and whirlpools (where available). Workout classes may also be offered as part of the membership.*

**Non-standard services that call for an added fee are not part of the Active&Fit program.*

Don't want to go to a fitness center? No problem!

You can enroll in the Home Fitness program for only \$10 per year and choose up to 2 home fitness kits each benefit year. These kits may include DVDs, guides, and other items to help you get fit on your own terms.

All members also have access to the Active&Fit website, which includes:

- The Active&Fit Connected!™ tool, a fun and easy way to track your exercise at a fitness center and/or through a wearable fitness device or app**
- Fitness center search
- Online classes
- The Active&Fit quarterly online newsletter

***Purchase of a wearable fitness device or app is not included in the Active&Fit program and will not be reimbursed.*



Get Started!

1. Go to www.ActiveandFit.com and register to use the website.
2. Choose a participating fitness center/select YMCA or sign up for the Home Fitness program.
3. Enroll on the website and pay your non-refundable annual member fee of \$100. Take your Active&Fit card to the fitness center/YMCA.

If you prefer to work out at home, you can enroll in the Home Fitness program online by paying your non-refundable annual member fee of \$10, and choose up to 2 home fitness kits.

If you have questions about the Active&Fit program, you can call toll-free 1.877.771.2746, Monday through Friday, 5 a.m. to 6 p.m. PST.

Talk to your doctor before you start or change your exercise routine.

Your use of the Active&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Active&Fit Connected!, Active&Fit Direct, and the Active&Fit logo are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information. Not all YMCAs participate in the network. Please log on to www.ActiveandFit.com to see if your YMCA participates in the program.

IMPORTANT! If you are enrolled in the Active&Fit Direct™ program, you must cancel your program enrollment before enrolling in the Active&Fit program described herein. Please log in to www.ActiveandFitDirect.com to cancel your Active&Fit Direct program enrollment. If you have questions, call us toll-free at 1.844.646.2746 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. PST.