



This is **Your Year**. Make it Fit.



11,900+ GYMS



9,000+ ON-DEMAND VIDEOS



1:1 WELL-BEING COACHING

How to get started:

1. Visit the dedicated link from your employer, association, or health plan to access the Active&Fit Direct™ website.
2. Search for a fitness center or studio near you by entering your ZIP code or City, State in the fitness centers search box.
3. Select your gym then create an account and pay your initial fees. You'll pay for your first 2 months, plus an enrollment fee. **(The enrollment fee is waived for standard gyms through March 31!¹)**
4. Print your fitness card or save it to your phone, and take it with you to your fitness center of choice. You can also immediately access over 9,000 workout videos so you can work out at home or on-the-go.
5. Want to add your spouse? Enroll your spouse or domestic partner directly from your Active&Fit Direct dashboard!²

Act Now! Monthly fees for January – March are **\$25/mo.**, plus we'll waive your enrollment fee. Price increases to **\$28/mo.** on April 1, 2023.³

¹\$25 enrollment fee waived for standard fitness centers only 1/1/23 12:01 a.m. - 3/31/23 11:59 p.m. PT.

² Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees will vary based on fitness center selection.

³ Plus applicable taxes for standard fitness centers. Fees increase to \$28/mo. plus applicable taxes effective 4/1/23. When you enroll, you'll pay the first and second months' fee. If you enroll in March, you'll pay \$25 for March and \$28 for April at the time of purchase. Ongoing monthly fees are paid one month in advance, e.g. June membership fees will be charged in May. Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

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