

# Getting active just got easier™



The Active&Fit Enterprise™ program supports every unique member.

For only \$10 per month for a fitness center membership and \$10 per program year for a home kit, enjoy all of the following, anytime, anywhere:



## National Network of Fitness Centers

Join a participating fitness center. You also have access to Premium locations. These include fitness centers, studios, and unique fitness experiences, for a buy-up price.<sup>1</sup>



## On-Demand Workout Videos

Visit the Active&Fit Enterprise website to find workout videos for all fitness levels.



## Workout Plans

Answer a few online questions about your fitness level and goals to get workouts to help you start or continue an exercise routine.



## Fitness Tracking

Sync your wearable tracker or mobile app to the Active&Fit Connected!™ tool and track your activity.<sup>3</sup>



## Healthy Living Coaching

Get support with your fitness, nutrition, and lifestyle goals during scheduled phone, video, or chat sessions with a trained coach.



## Home Fitness Kits

Pick one kit per benefit year.<sup>2</sup>

- Fitbit® or Garmin® Wearable Fitness Tracker
- Walking/Trekking
- Pilates
- Beginner, Intermediate, or Advanced Strength
- Beginner or Advanced Swim
- Beginner or Intermediate/Advanced Yoga

Go to [ActiveandFit.com](https://www.ActiveandFit.com) to get started today!

For questions, call us toll-free at 1.877.771.2746, Monday through Friday, 9 a.m. to 5 p.m. HST.

<sup>1</sup>Fees vary by Premium location. Please refer to the fitness center search on the Active&Fit Enterprise website.

<sup>2</sup>Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**. Kits are subject to change.

<sup>3</sup>Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are not reimbursable by the Active&Fit Enterprise program. Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity.

The Active&Fit Enterprise program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Please talk with your doctor before starting or changing your exercise routine. Persons shown are not Active&Fit Enterprise members. Active&Fit Enterprise, Getting active just got easier, Active&Fit Connected!, and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Nonstandard services at fitness centers that call for an added fee are not part of the Active&Fit Enterprise program. Fitness center participation may vary by location and is subject to change.

This program is optional. Please check with your employer for coverage details.