

Getting active just got easier™



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

Enjoy these options for a fitness center membership for \$75 per benefit year and a home fitness kit for \$10 per benefit year.



National Network of Fitness Centers

Join a participating fitness center. You also have access to Premium fitness centers, studios, and unique fitness experiences, for a “buy-up” price.¹



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. You'll 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.³



Home Fitness Kits

Pick one kit per benefit year.²

- 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 to get started today!

Questions? Call 1 (888) 354-4934, Monday through Friday, 8 a.m. to 5 p.m. Hawaii time.

IMPORTANT! If you're enrolled in the Active&Fit Direct™ program, you must cancel your enrollment before becoming a member of the Active&Fit Enterprise program. Log in to ActiveandFitDirect.com to cancel your Active&Fit Direct program enrollment. If you have questions, call 1 (844) 646-2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

¹Fees vary by Premium location. Refer to the fitness center search on the Active&Fit Enterprise website.

²Home 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. Shipping times vary and may take up to 30 days.

³Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and aren't 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.

American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

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