



A Complete Fitness Program

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



National Fitness Center Network

Access a network of participating fitness centers for only \$75 per benefit year. You also have access to Premium locations. These include fitness centers, studios, and unique fitness experiences, for a “buy-up” price.¹



Home Fitness Kits

For \$10 per benefit year, pick one kit from the available options.²



On-demand Workout Videos

Visit **ActiveandFit.com** to find workouts for all fitness levels.



Workout Plans

Answer a few online questions about your fitness level and goals. You'll get a custom workout plan.



Fitness Tracking

Sync your fitness tracker or mobile app to the Connected! tool so you can track your activity.³

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

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

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, 8 a.m. to 5 p.m.

¹Fitness center participation may vary by location and is subject to change. Fees vary by Premium location. Refer to the fitness center search on the Active&Fit Enterprise website.

²Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, kits cannot be exchanged. Kits are based on availability and subject to change. Shipping times vary and may take up to 30 days.

³Purchase of some compatible fitness trackers or apps may be required to use the Connected! tool and aren't reimbursed by the Active&Fit Enterprise program. Your use of the Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive details 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.

The Active&Fit Enterprise and Active&Fit Direct programs are provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services aren't available in all areas. Be sure to talk with your doctor before you start or change your workout routine. Persons shown are not Active&Fit Enterprise members. Active&Fit Enterprise, Active&Fit Direct, 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.