



A Complete Fitness Program

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



National Fitness Center Network

Access a network of participating fitness centers. 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

Pick one kit per benefit year 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



Well-Being Coaching

Get support in areas like fitness, healthy eating, stress, and sleep. Trained coaches are available by phone, video, or chat. They can also help you while losing weight on GLP-1 or other anti-obesity medications.⁴

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

Do you have questions? Call us toll-free at 1.877.771.2746, Monday through Friday, 7 a.m. to 8 p.m. Central time.

¹Fitness center participation may vary by location and is subject to change. Fees vary by Premium location. Please 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.

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.

⁴The Active&Fit Enterprise program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified health care professional.

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