



Health
First

Health Plans



WELCOME TO THE ACTIVE&FIT® PROGRAM

Getting active just got easier™. Feel supported on your fitness journey with:

- A fitness center membership at one of 13,000+ participating fitness centers
- Access to an expanded network of select fitness centers and the Premium Fitness Network, which includes 7,000+ additional locations like fitness centers, studios, and unique fitness experiences for a buy-up price¹
- Your choice of one Home Fitness Kit per benefit year from 10 different options²
- 8,000+ digital workout videos on the Active&Fit website
- One-on-one Active&Fit Healthy Living Coaching sessions by phone where a coach will help you meet your fitness, nutrition, and other lifestyle goals
- The Active&Fit Connected!™ tool for tracking activity on 250+ wearable fitness trackers and mobile apps³
- Exclusive articles and videos in the online library of resources

To learn more about the Active&Fit program, please visit ActiveandFit.com and explore the FAQs section.

If you prefer to speak with Customer Service, call us toll-free at 1.888.797.7806, Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

Exclusions and Limitations

The following services are not offered:

- Services or supplies provided by any person, company, or provider other than a participating Active&Fit fitness center
- All education materials other than those produced for the Active&Fit program by American Specialty Health Incorporated
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids; vision support devices
- Program services or products for individuals other than the Active&Fit member
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it's recommended, prescribed, or supplied by a health care provider, fitness center, or program
- All listening devices including, but not limited to, audiotape and CD players
- Services for members with serious medical conditions for which Active&Fit services are not appropriate
- Fitness devices and applications that require a fee are not reimbursable by the Active&Fit program

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

²Once selected, **Home Fitness Kits cannot be exchanged.** Kits are subject to change.

³Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit 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 program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program. Fitness center participation may vary by location and is subject to change.

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