



**Health
First**
Health Plans

Enjoy the Freedom of Home Fitness



No matter where you live or where you like to work out, the Active&Fit® program helps you stay active. Pick one Home Fitness Kit per benefit year* and get ready to move!

Choose from the following:

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit with a Pilates ball and hand towel
- Beginner Strength Kit with 3-pound dumbbells and exercise bands
- Intermediate Strength Kit with 5-pound dumbbells and exercise bands
- Advanced Strength Kit with 10-pound dumbbells and exercise bands
- Beginner Swim Kit with swimming goggles and a kickboard
- Advanced Swim Kit with aquatic resistance gloves and a pull float
- Beginner Yoga Kit with a mat and hand towel
- Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks

To order your Home Fitness Kit, please visit ActiveandFit.com.

Once you have selected a kit, you will receive an online promo code and instructions on how to redeem it. Your kit will be mailed directly to you. Shipping times for these kits may vary.

For questions, call us toll-free 1.888.797.7806, Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

*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**.

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