



**Health  
First**

**Health Plans**

# Getting active just got easier™



The Active&Fit® program is designed to support every unique member.

Enjoy all of the following, anytime, anywhere, at no cost to you:



### **8,000+ Digital Workout Videos**

Go to [www.ActiveandFit.com](http://www.ActiveandFit.com) to view workout videos, perfect for all fitness levels.



### **Home Fitness Kits**

Pick your favorite kit (one per benefit year):<sup>1</sup>

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit



### **Standard and Premium Fitness Network Choices**

Work out at one of 13,000+ participating fitness centers. You also have access to 7,000+ Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.<sup>2</sup>



### **Healthy Living Coaching**

Coaches will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone sessions.

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

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

<sup>1</sup>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**. Kits are subject to change.

<sup>2</sup>Fees vary by Premium fitness center location. Please refer to the fitness center search on the Active&Fit website.

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