



Flexibility & Choice in Fitness

Getting active just got easier™ with the no-cost Active&Fit® program. Eligible members can enjoy tools and features including:



8,000+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at www.ActiveandFit.com.



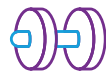
Home Fitness Kits

You can pick one kit per benefit year. Choose from Wearable Fitness Tracker, Pilates, Strength, Swim, and Yoga Kit options.¹



Healthy Living Coaching

You can work toward your fitness, nutrition, and lifestyle goals during scheduled phone sessions with a coach.



Standard and Premium Fitness Network Choices

You can 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.²



Member Resources

You can visit the online library of resources for exclusive articles and videos on healthy eating, staying active, and more.

You can also get Fit at Home™ with daily YouTube and Facebook workouts, available to the public at no cost. Visit [YouTube.com/MyActiveandFit](https://www.youtube.com/MyActiveandFit) or [Facebook.com/MyActiveandFit](https://www.facebook.com/MyActiveandFit).

For questions, call Health First Health Plans at 1.855.443.4735, Monday through Friday, 8 a.m. to 6 p.m. Eastern time.

¹Once selected, **Home Fitness Kits cannot be exchanged.** Kits are subject to change.

²Fees vary by Premium fitness center location.

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