

The Active&Fit® Program

Learn how to improve your health—and use our tools to do it.
This program gives members:

- No-cost access to a participating fitness center or select YMCA*
- The option to work out at home using up to two out of 31 Home Fitness Kits per year
- The Active&Fit Connected!™ tool, a fun and easy way to track your exercise at a fitness center or through a wearable fitness device or app**
- An online newsletter four times a year
- Other web tools like a fitness center search, online classes and more



**You choose how you want to get healthy! Want to learn more?
Visit ActiveandFit.com**

* Age restrictions and requirements vary by gym

**Purchase of a wearable fitness device or app is not included

Talk to your doctor before you start or change your exercise routine.

Your use of the Active&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. The Active&Fit program is provided through American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information.

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Health First Health Plans complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-716-7737 (TTY: 1-800-955-8771). ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-716-7737 (TTY: 1-800-955-8771).

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