

# It pays to be active™



**With the Active&Fit ExerciseRewards™ program, you get rewarded for working out.**

Complete at least 50 visits each 6 months in a calendar year (1/1 – 6/30 and 7/1 – 12/31). You can earn \$200 in rewards. Your spouse/domestic partner and dependents can also earn \$100 in rewards by completing at least 50 visits each 6 months in a calendar year. It's that easy!

Here's how you can track your fitness center visits:



### **Enroll with an Active&Fit Enterprise™ Fitness Center**

Enroll with one of the thousands of participating fitness centers with substantial discounts on most memberships. You also have access to Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.<sup>1</sup> Once enrolled, you don't need to do anything else—the fitness center will submit your visits for you automatically.



### **ASHConnect™ App**

Use the ASHConnect™ app to track visits at a qualifying fitness center.<sup>2</sup> For the app to count your visits, each workout should be at least 30 minutes (one fitness center visit per calendar day). Each 30-minute workout will count for one visit. Search for ASHConnect in your phone's app store.



### **Paper Log**

If you prefer, you can manually track your fitness center visits and submit a Visit Submission Form. Each valid visit counts toward your reward goal.

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

## The Active&Fit ExerciseRewards program also includes these features:



### On-Demand Digital Workout Videos

View a variety of workout videos for all fitness levels including strength, yoga, cardio, and more.



### Member Resources

Visit the online library for exclusive articles and resources on healthy eating, staying active, and more.



### Workout Plans

Answer a few online questions about your fitness level and goals. You'll get workouts to help you start an exercise routine.

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For questions, go to [www.ActiveandFit.com](http://www.ActiveandFit.com) or call us toll-free at 1.877.771.2746, Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

<sup>1</sup>Fees vary. Please refer to the fitness center search on the Active&Fit website.

<sup>2</sup>For a fitness center to qualify, it must be in the 50 U.S. states or District of Columbia, offer regular cardiovascular, flexibility, and/or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, “step” classes, yoga, aquatics, etc.), must have staff oversight, and must offer a membership agreement.

The Active&Fit ExerciseRewards program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), 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 Exercise Rewards members. It pays to be active, Active&Fit ExerciseRewards, Active&Fit Enterprise, ASHConnect, and the Active&Fit Enterprise 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 ExerciseRewards program. Fitness center participation may vary by location and is subject to change. Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward; however, exclusions apply.