



# The Active&Fit<sup>®</sup> Program

## Did you know that as an Active&Fit member you can go to a fitness center for only \$75 per year?

It's true! Some fitness centers offer the use of aerobic and strength training equipment, along with use of features such as saunas, pools, and whirlpools\* (where available). Workout classes may also be offered as part of the membership.\*

*\*Non-standard services that cost extra are not covered by the Active&Fit program.*

## Don't want to go to a fitness center? No problem!

You can enroll in the Home Fitness program for only \$10 per year and choose up to two Home Fitness Kits each benefit year. These kits may include DVDs, guides, and other items to help you get fit when you want in the privacy of your home.

### All members also have access to the Active&Fit website, which includes:

- The Active&Fit Connected!<sup>™</sup> tool, a fun and easy way to track your exercise at a fitness center and/or through a wearable fitness device or app\*\*.
- Fitness center search.
- Online classes.
- The Active&Fit newsletter four times a year.
- Online tools to track your activity.

*\*\*Purchase of a wearable fitness device or app is not included in the Active&Fit program and will not be reimbursed.*



### Fitness Card

### Member Information

**Website:**

ActiveandFit.com

**Hours:**

Monday – Friday,  
8 a.m. – 5 p.m.  
Hawaii time

**Active&Fit Phone Number:**

Toll-free: 1 (888) 354-4934

*Fitness center to collect annual member fee of \$75*

*This card is effective 1/1/2018 through 12/31/2018*

**Member Name:** \_\_\_\_\_**Date of Birth:** \_\_\_\_\_  
**(month/day)**

An Independent Licensee of the Blue Cross and Blue Shield Association

## Get Started!

1. Go to [ActiveandFit.com](http://ActiveandFit.com).
2. Register to use the website.
3. Choose a fitness center or sign up for the Home Fitness program.
4. Pay your non-refundable annual member fee of \$75 directly to the fitness center. If you are or would like to be a member of 24 Hour Fitness, visit us online at [ActiveandFit.com](http://ActiveandFit.com) to pay your non-refundable annual member fee.
5. If you prefer, you can call toll-free **1 (888) 354-4934**, Monday through Friday, 8 a.m. to 5 p.m. Hawaii time, to find a fitness center near you. Or you can enroll in the Home Fitness program and pay your \$10 non-refundable annual member fee.

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. The Active&Fit program is provided by 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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#### Customer Service:

1 (888) 354-4934 Monday – Friday,  
8 a.m. – 5 p.m. Hawaii time

The Active&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).

### Fitness Center Information

This Active&Fit fitness card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card and photo ID must be shown when the Active&Fit member is admitted into the fitness center. This card is the property of ASH Fitness.