

A Complete Fitness Program



The Active&Fit Enterprise™ program supports every unique member.



National Network of Fitness Centers

Access a participating fitness center for \$100 per benefit year. You also have access to Premium locations. These include fitness centers, studios, and unique fitness experiences, for a “buy-up” price.¹



Home Fitness Kits

For \$10 per benefit year, pick one kit from 11 options.²



On-demand Workout Videos

Visit the Active&Fit Enterprise website to find workout videos for all fitness levels.



Workout Plans

Answer a few online questions about your fitness level and goals to get a custom exercise plan.



Fitness Tracking

Sync your wearable tracker or mobile app to the Connected! tool and track your activity.³



Well-being Coaching

Get support with your healthy living goals during scheduled phone, video, or chat sessions with a trained coach.

Go to ActiveandFit.com to get started today!

Questions? Call 1 (888) 354-4934, Monday through Friday 8 a.m. to 5 p.m. Hawaii time.

IMPORTANT: If you're enrolled in the Active&Fit Direct™ program, you must cancel your enrollment before becoming a member of the Active&Fit Enterprise program. Log in to ActiveandFitDirect.com to cancel your Active&Fit Direct program enrollment. If you have questions, call 1 (844) 646-2746, Monday through Friday, 8 a.m. to 5 p.m. Hawaii time.

¹Fees vary by Premium location. Refer to the fitness center search on the Active&Fit Enterprise website.

²Home Fitness Kit promo 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. Shipping times vary and may take up to 30 days.

³Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and aren't reimbursable by the Active&Fit Enterprise program. Your use of the Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity.

American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

The Active&Fit Enterprise and Active&Fit Direct programs are provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Be sure to talk with your doctor before you start or change your exercise routine. Persons shown are not Active&Fit Enterprise members. Active&Fit Enterprise, Active&Fit Direct, and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Nonstandard services at the fitness center that call for an added fee are not part of the Active&Fit Enterprise program. Fitness center participation may vary by location and is subject to change.