



The Active&Fit Program Rider

Monthly Premium	\$4.30 per employee / up to \$13.33 per family
Eligible Employer Groups	Employer groups that have HMAA’s medical coverage. All eligible participants covered by the medical plan must also be included in the rider benefit. Employees who are not covered by the medical plan are not eligible for the rider benefit.
Eligible Participants	Employer may choose to offer this rider to: <ul style="list-style-type: none"> • Employees aged 18+ or • Employees and dependents aged 18+

Benefit	Description
Multi-Fitness Center Membership	
Multi-Fitness Center Membership	Eligible participant pays a \$100 non-refundable annual fee for access to 9,000+ participating fitness centers nationwide per benefit year.
Home Fitness Program (in lieu of Multi-Fitness Center Membership)	
Home Fitness Kit	Eligible participant pays a \$10 non-refundable annual fee for up to two kits mailed per benefit year.
Features	
Online Tools	Track your activity with 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.
Newsletters	Quarterly online newsletters with health and fitness information.
Active&Fit Website	Access to Active&Fit’s online classes, fitness center search, and more.

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

Monthly premium is to be paid by the Employer, and the Active&Fit member fee is to be paid by the Eligible Participant (Employer may choose to supplement or reimburse the member fee).

Member fee is due annually based on the effective date of the **group’s rider coverage** (e.g., by each Jan. 1 if your group’s rider coverage is effective Jan. 1). Your medical plan renewal date will remain as is.

In the event of termination of the group’s Active&Fit Program rider or the Eligible Participant’s HMAA Medical Plan eligibility, the Eligible Participant will no longer receive the Rider Benefits after such termination date. Reinstating an Active&Fit membership thereafter requires payment of another annual fee of \$100 for Fitness Center Membership or \$10 for Home Fitness.

The Employer shall be responsible for all coverage notifications to Eligible Participants.

If Employer elects Employee+Dependent coverage, rider rates are charged to **each** employee based on their coverage type (two-party, family, etc.), regardless of whether the employee’s dependents are eligible for the program (i.e., their dependents are under age 18).

Active&Fit Direct

HMAA also offers the **Active&Fit Direct** Program at \$25 per month plus a \$25 enrollment fee and taxes. This program is not employer-sponsored and does not require an enrollee to be covered by an HMAA medical plan. Please note the list of participating facilities differs from that of the Active&Fit Program Rider.

If you are interested in learning more about these programs, please contact your HMAA Account Manager at (808) 791-7654, toll-free at (800) 621-6998 x301, or AccountManager@hmaa.com.

These programs are a product of and underwritten by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Exclusions and limitations apply. This document is intended to provide a condensed explanation of benefits. Please refer to the Active&Fit documents for details. In the case of a discrepancy between this document and the language contained within the Active&Fit documents, the latter will take precedence.