

The Active&Fit® employer-sponsored program provides eligible members with access to more than 9,000 participating fitness centers* nationwide. Join multiple fitness centers at a low cost of \$100 per benefit year, or pay an annual fee of \$10 to work out at home with up to two Home Fitness Kits per benefit year.

*Non-standard services at the fitness center which require an added fee are not part of the Active&Fit® program.

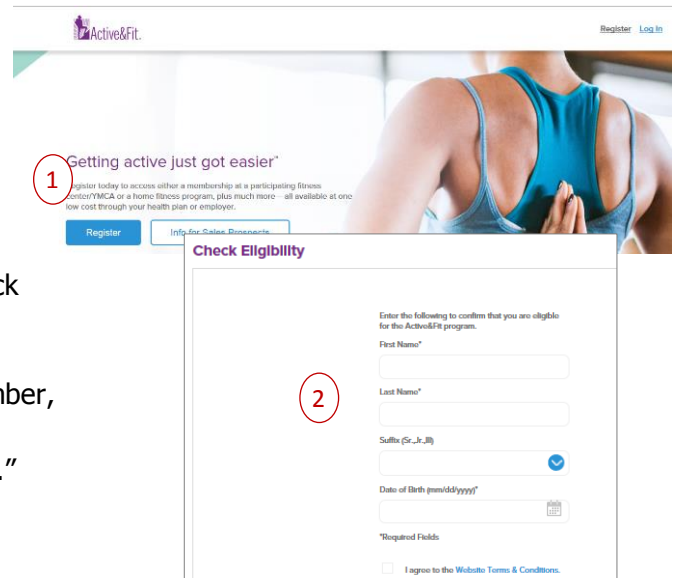
Getting Started

Each health plan sponsor decides whether to opt in to the Active&Fit® program and whether to offer coverage to employees only, or extend coverage to dependents aged 18 years and older. If you are not sure if you (and your dependents) are eligible, please check with your health plan administrator. For assistance with registration, you may call Active&Fit Customer Service toll-free at **(877) 771-2746** (TTY/TDD 711) Monday through Friday, 5 am to 6 pm PST.

First-Time User Access

To register, you will need your HMAA member ID card.

1. Visit ActiveandFit.com and click "Register."
2. Complete the **Check Eligibility** section.
 - Enter your first and last name exactly as shown on your HMAA member ID card.
 - Enter your date of birth.
 - Check the box to indicate you have read and agree to the Website Terms & Conditions, then click "Continue."
3. Once your eligibility is verified, complete **Member Information** by entering your address and phone number, then click "Continue."
4. Complete **Account Information**, then click "Continue."
 - Enter your email address.
 - Create a username and password.
 - Select a security question and type in your answer.



Active&Fit Register Log In

Getting active just got easier

1 Register today to access either a membership at a participating fitness center/YMCA or a home fitness program, plus much more – all available at one low cost through your health plan or employer.

Register Info for Sales, Prospects

Check Eligibility

Enter the following to confirm that you are eligible for the Active&Fit program.

2

First Name*

Last Name*

Suffix (Sr., Jr., III)

Date of Birth (mm/dd/yyyy)*

*Required Fields

I agree to the Website Terms & Conditions.

Member Information

3

Address Line 1*

Address Line 2

City*

State*

Select a State

Zip Code*

Phone Number (0 digits no dashes)*

*Required Fields

Continue

Back

Account Information

4

Email*

Username*

Password*

- Use alphanumeric characters (A-Z, 0-9)
- Not case sensitive
- Minimum of 5 characters
- Maximum of 16 characters

Confirm Password*

Security Question*

Select a Question

Security Answer*

*Required Fields

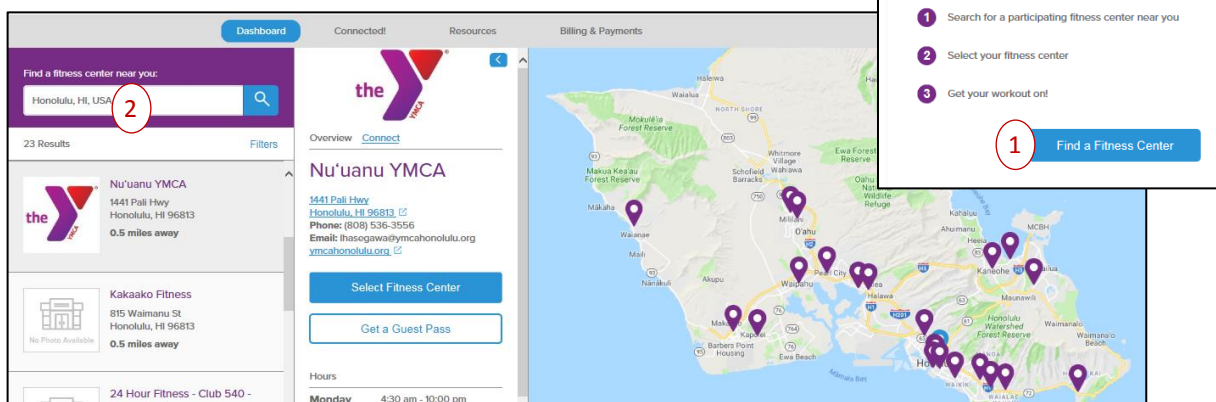
Continue

Back

5. Once your account is created, you may:
 - Enroll in the Fitness Center Program or Home Fitness Program
 - View member materials
 - Search for a fitness center
 - View Active&Fit's online resources, classes, and quarterly newsletters
 - Track your fitness activity through the Active&Fit Connected!™ tool by using supported fitness wearable apps and devices and exercise equipment
 - View Billing & Payment History
6. When you are done using the Active&Fit® website, be sure to log out for security reasons.

Enrolling in the Fitness Center Program

1. To enroll in the Fitness Center Program, click "Find a Fitness Center."
2. Enter your search criteria (zip code or city and state), proximity, and fitness center type, then click "Search." Select the initial facility you wish to enroll in.

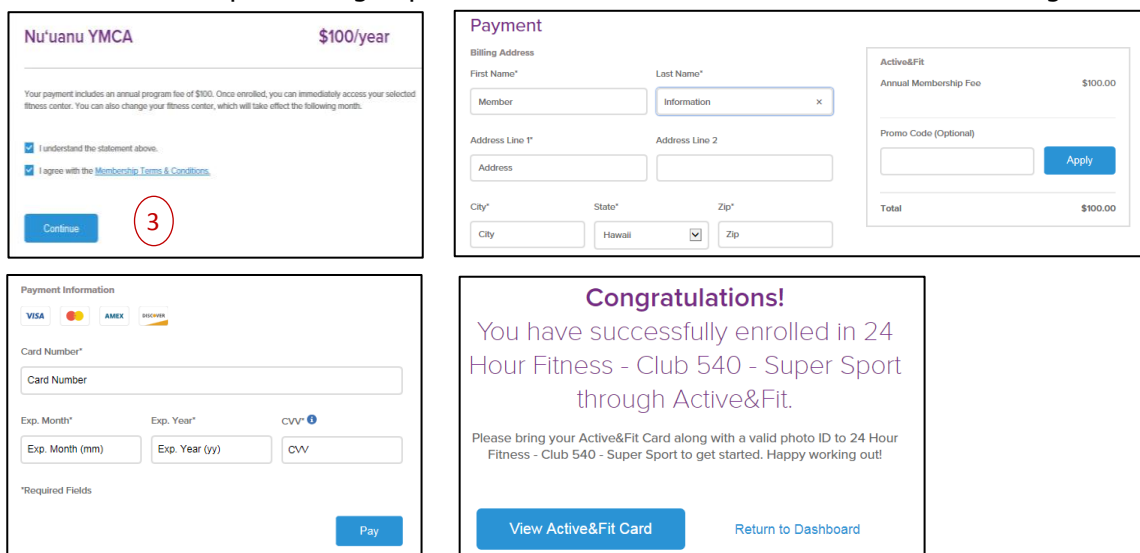


Enroll in a fitness center and save with the Active&Fit® program!

With a \$100 annual program fee, you'll have access to 9,000+ participating fitness centers and select YMCAs nationwide. Network options range from conventional gyms to studio classes such as yoga, cycling, and more. You can change your fitness center monthly to find one that suits you and your lifestyle.

- 1 Search for a participating fitness center near you
- 2 Select your fitness center
- 3 Get your workout on!

3. Agree to the Terms & Conditions for membership and continue to make a payment.
 - The \$100 non-refundable annual member fee must be paid online to Active&Fit®. You will be prompted to make your payment via credit/debit card. Once your payment and enrollment are complete, you will see a confirmation of your fitness center selection.
 - Click *View Active&Fit Card* to view your Fitness ID number. Print the card or take note of your Fitness ID number and bring it to your chosen fitness center to complete your enrollment.
 - You will have the option to sign up for additional fitness centers at no additional charge.



Nu'uuanu YMCA \$100/year

Your payment includes an annual program fee of \$100. Once enrolled, you can immediately access your selected fitness center. You can also change your fitness center, which will take effect the following month.

I understand the statement above.
 I agree with the [Membership Terms & Conditions](#).

Continue

Payment

Billing Address

First Name* Last Name*
 Member Information x

Address Line 1* Address Line 2
 Address

City* State* Zip*
 City Hawaii Zip

Active&Fit
 Annual Membership Fee \$100.00

Promo Code (Optional)
 Apply

Total \$100.00

Payment Information

VISA AMEX DISCOVER

Card Number*

Exp. Month* Exp. Year* CVV*

*Required Fields **Pay**

Congratulations!

You have successfully enrolled in 24 Hour Fitness - Club 540 - Super Sport through Active&Fit.

Please bring your Active&Fit Card along with a valid photo ID to 24 Hour Fitness - Club 540 - Super Sport to get started. Happy working out!

View Active&Fit Card [Return to Dashboard](#)


Enrolling in the Home Fitness Program


1. To enroll in the Home Fitness Program, click "Get a Home Kit."
2. Select up to 2 home fitness kits from the list of options, then click "Next."


Enroll in the Home Fitness Program 2

Choose up to 2 Home Fitness Kits from the selections below. Your kits will arrive 10 days after you complete this process.


First Kit:


Aquatic Exercise Kit

 Working out in water can get you fit in a gentle way. Get a jump (or dive!) on an aquatic routine with this kit that includes an instructional DVD, an informational booklet, and a Quick Start guide.


Athletic Conditioning Kit

 This workout can help you add quickness, balance, and athletic agility to your fitness routine. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Barre Fitness for All Levels Kit

 This ballet-inspired workout is suitable for all fitness levels and is designed so you can adapt the movements to be as easy or as tough as you need. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Second Kit:

Aquatic Exercise Kit

 Working out in water can get you fit in a gentle way. Get a jump (or dive!) on an aquatic routine with this kit that includes an instructional DVD, an informational booklet, and a Quick Start guide.


Athletic Conditioning Kit

 This workout can help you add quickness, balance, and athletic agility to your fitness routine. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Barre Fitness for All Levels Kit

 This ballet-inspired workout is suitable for all fitness levels and is designed so you can adapt the movements to be as easy or as tough as you need. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Home Fitness Program

Work out in the comfort of your own home with the Home Fitness Program! You may choose up to 2 home fitness kits each year. These kits may include DVDs, guides, and other items to help you get fit on your own terms.

\$10 for 2 Home Kits



1

[Get a Home Kit](#)

3. After reviewing the disclaimer, click "Continue" and you will be prompted to pay the \$10 non-refundable annual fee via credit/debit card. Once your payment and enrollment are complete, you will see a confirmation of your home kit selection(s). Kits will be mailed to your address within 10 days of placing your order.

Home Fitness Program \$10/year

You have selected the **Strength & Stamina Kit** and the as part of your Home Fitness Program. A program fee of \$10 will be due at checkout and your home fitness kits will be mailed to you in 7-10 days. You may renew your Home Fitness Program and select new kits each year.

[Continue](#) **3**

Payment

Billing Address

First Name* Last Name*

Address Line 1* Address Line 2

City* State* Zip*

Active&Fit

Annual Membership Fee \$100.00

Promo Code (Optional) [Apply](#)

Total \$100.00

Payment Information

VISA MASTERCARD AMEX DISCOVER

Card Number*

Exp. Month* Exp. Year* CVV*

*Required Fields

[Pay](#)

Congratulations!


You have successfully enrolled in the Active&Fit Home Fitness Program.

Your home fitness kits will be mailed in 7-10 days. Happy working out!

[Return to Dashboard](#)


My Home Fitness Program Kits

Estimated Shipping Date: January 3, 2019



Pilates Kit

Get fantastically fit using this kit, which includes an instructional DVD, an informational booklet, and a Quick Start guide.



Tai Chi for Balance (Intermediate) Kit

Boost your balance, strength, mobility, and flexibility while also reducing stress using this low-impact kit complete with an instructional DVD, informational booklet, and Quick Start guide.

Important Information

1. If your HMAA medical plan eligibility terminates, your Active&Fit® membership will terminate concurrently. Reinstating an Active&Fit® membership requires payment of another annual member fee of \$100 for the Fitness Center Program or a \$10 annual member fee for the Home Fitness Program.
2. Please check with your health plan administrator regarding your group's annual Active&Fit® renewal date. Your Active&Fit® membership is effective until your group's annual renewal date, regardless of when you personally enroll. You must then pay the annual member fee to continue your membership upon your *group's* annual Active&Fit® renewal.
3. On your renewal date, your Active&Fit® online account will indicate it is time to pay your annual fee. Follow the steps outlined above for *Enrolling in the Fitness Center Program* or *Enrolling in the Home Fitness Program* to renew your membership. Be sure to do this before your first visit to a fitness facility on or after your renewal date. In some cases, your facility may ask you to renew an annual contract onsite. No additional payment will be required.

Assistance

For assistance with [ActiveandFit.com](https://www.ActiveandFit.com), please contact Active&Fit® Customer Service toll-free at **(877) 771-2746** (TTY/TDD 711). For all other inquiries including eligibility and premium rates, contact HMAA Wellness at HMAAwellness@hmaa.com.

The Active&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit, the Active&Fit logo, Getting Active Just Got Easier, and Active&Fit Connected! are registered trademarks of ASH and used with permission herein.