

The Active&Fit® employer-sponsored program provides eligible members with access to thousands of participating fitness centers* nationwide. Join multiple fitness centers at a monthly cost, and/or pay a low annual fee for one Home Fitness Kit per benefit year.

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

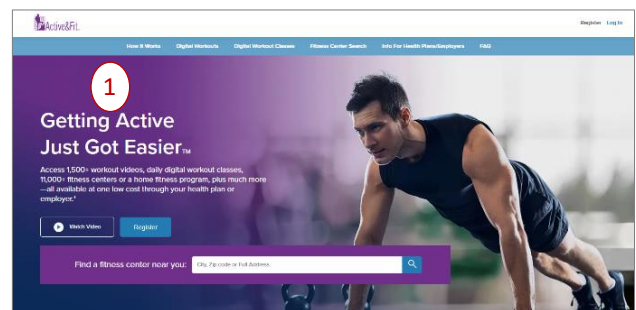
Getting Started

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 *Create an Account (step 1 of 2)*.
 - Enter your first and last name exactly as shown on your HMAA member ID card.
 - Enter your date of birth.
 - Enter your phone number (optional)
 - Check the box to indicate you have read and agree to the Website Terms & Conditions, then click *Next*.
3. Complete *Create an Account (step 2 of 2)*, then click *Register*.
 - Enter your email address.
 - Create a username and password.
 - Select a security question and type in your answer.
4. Once your account is created, you may:
 - Enroll in the Fitness Center Program and/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
5. When you are done using the Active&Fit® website, be sure to log out for security reasons.



Create an Account

Step 1 of 2

First Name 2

Last Name

Suffix (optional)

Date of Birth

Phone Number (optional)

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

Next

Create an Account

Step 2 of 2

Email 3

Username

Password

Confirm Password

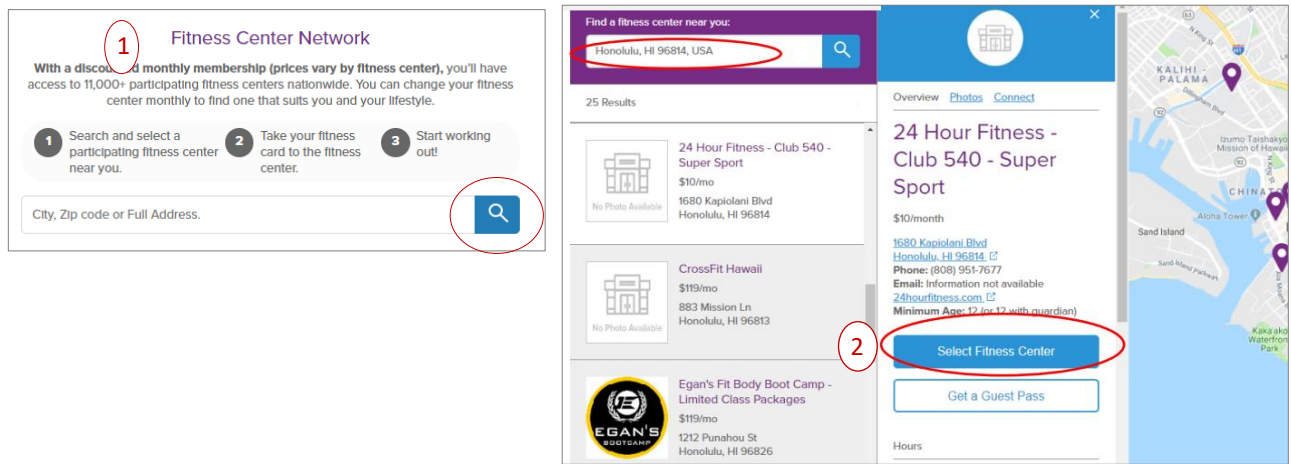
Security Question

Security Answer

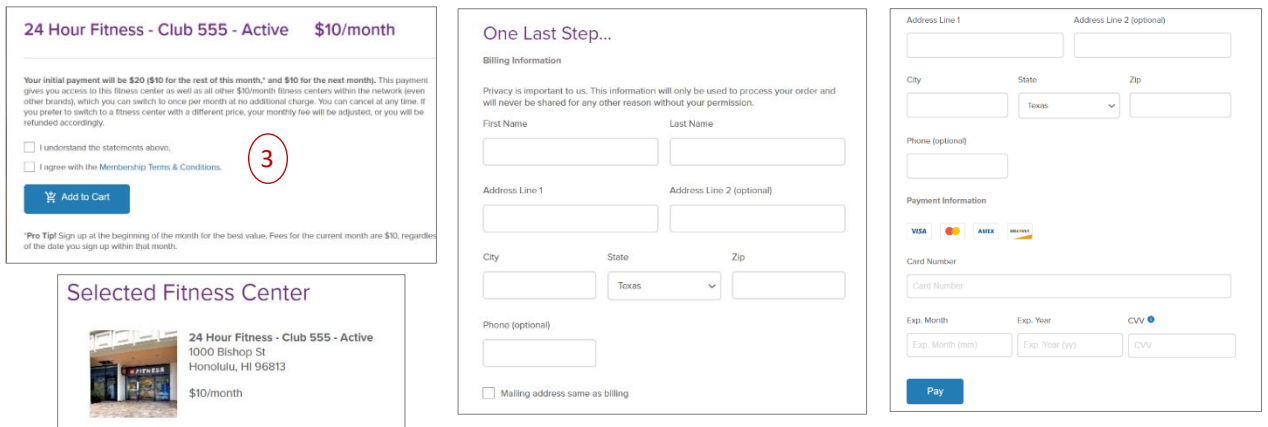
Register

Enrolling in the Fitness Center Program

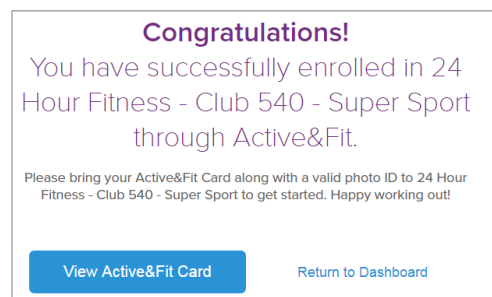
- To enroll in the Fitness Center Program, go to *Fitness Center Network*.
- Enter your search criteria (zip code or city and state), then click *Search*. Select the initial facility you wish to enroll in.



- Agree to the Terms & Conditions for membership and continue to make a payment.
 - Enroll on the website and pay your non-refundable monthly member fee. Your fee will be paid directly to the Active&Fit program by credit or debit card only (MasterCard, Visa, Discover, or American Express). Monthly fees are \$10, \$59, \$89, or \$119 depending on the fitness center you choose. At the time of enrollment, you'll pay for the current month (regardless of your enrollment date within the month) and for the next month. Once your payment and enrollment are complete, you will see a confirmation of your fitness center selection.
 - You will have the option to sign up for additional fitness centers at no additional charge if you are in the \$10 monthly membership plan. Members enrolled in \$59, \$89, or \$119 monthly membership may access only one facility at a time. Changes can be made to your facility or membership plan at any time and will be reflected in the following month's billing cycle.



- 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.



Enrolling in the Home Fitness Program

1. To enroll in the Home Fitness Program, click *Explore Home Kits*.
2. Select one Stay Fit Kit from the list of options, then click *Next*.

1 Home Kits

Work out in the comfort of your own home with the Active&Fit® Home Kits. You may choose 1 Stay Fit Kit and up to 2 Home Fitness Kits per benefit year. These kits include a variety of items to help you get fit on your own terms including activity trackers, workout DVDs, yoga mats, dumbbells, quick-start guides, and more!

\$0 for 1 Stay Fit Kit and up to 2 Home Fitness Kits

[Explore Home Kits](#)

You may select 1 Stay Fit Kit and up to 2 Home Fitness Kits per benefit year. \$0 total for all 3. If you select less than 3 kits, you may back any time before December 31, 2021 to select the rest at no additional charge.

[Next Step](#)
Selected Kits (0/3)

2

Stay Fit Kits (Maximum 1 per benefit year)



Fitbit Inspire 2® Fitness Tracker



Garmin vivoit® 4 Fitness Tracker



Strength Kit - Advanced



Strength Kit - Beginner



Strength Kit - Intermediate



Yoga Kit

Home Fitness Kits (Maximum 2 per benefit year)

ALL KITS AQUATIC CARDIO & CONDITIONING CHAIR EXERCISE CONDITION-CONSCIOUS MIND/BOD

Aquatic Exercise Kit	Athletic Conditioning Kit	Barre Fitness for All Levels Kit
Barre Fitness Kit	Cardio Blast Kit	Cardio Pump Kit
Cardio Quick Fix Kit	Chair Aerobics Kit	Chair Boating Kit
Chair Dancing Celebration Kit	Chair Dancing Kit	Chair Plates Kit
Chair Tai Chi Kit	Chair Yoga Kit	Circuit Burn Kit
Diabetes Workout Kit	Exercise for the Bedridden Kit	Exercise Kit
Exercise Kit (Spanish)	High Energy Cardio Kit	High Intensity Bootcamp Kit

3. After reviewing the disclaimer, click *Continue* and you will be prompted to pay the \$10 non-refundable annual fee via credit or debit card. Once your payment and enrollment are complete, you will see a confirmation of your home kit selection(s). Kit 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**

Home Kits

HOME FITNESS KIT

Stress Management Kit

Use this kit to melt away your stress and anxiety. It includes a Mind Body Skills CD and an informational booklet.

Estimated Shipping Date: January 8, 2021

HOME FITNESS KIT

Barre Fitness Kit

This ballet-inspired total body workout will help you with muscle endurance, balance, and core strength. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Estimated Shipping Date: January 8, 2021

STAY FIT KIT

Fitbit Inspire 2® Fitness Tracker

Order your wearable tracker through the Fitbit website and get moving! This kit does not include an instructional DVD.

[Instructions to redeem this kit](#)

One Last Step...

Billing Information

Privacy is important to us. This information will only be used to process your order and will never be shared for any other reason without your permission.

First Name Last Name

Address Line 1 Address Line 2 (optional)

City State Zip

Phone (optional)

Mailing address same as billing

Address Line 1 Address Line 2 (optional)

City State Zip

Phone (optional)

Payment Information

VISA M A X C

Card Number

Exp. Month Exp. Year CVV

[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](#)

Important Information

1. If your HMAA medical plan eligibility terminates, your Active&Fit® membership will terminate concurrently. Reinstating an Active&Fit® membership requires re-enrolling in autopay for monthly fees for the Fitness Center Program or the annual fee for the Home Fitness Program. You may cancel your Active&Fit membership at any time after the initial 2-month commitment.

2. Your Active&Fit® membership is effective until your company's annual renewal date, regardless of when you personally enroll, so please check with your health plan administrator if you are unsure. You must then pay the annual member fee for Fitness Center membership or Home Fitness to continue your membership upon your company's annual Active&Fit® renewal.
3. On or after your renewal date, your Active&Fit® online account will indicate it is time to pay your annual fee or reenroll with a fitness facility. Follow the steps outlined above for **Enrolling in the Fitness Center Program** and/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. Renewal options are not available in advance; do not attempt to renew your membership before your renewal date.

Assistance

For assistance with 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.