

WELLNESS

for Every Part of You



Get Started:

<https://www.hmaa.com/wellness/active-and-fit/>



Top Gyms Starting at \$28/mo.¹

From yoga, to strength, to Pilates, and more—**thousands of gyms and premium studios** to choose from. Pick your favorite and work out your way.

NEW Active&Fit Direct™ Marketplace

10% - 50% Off Wellness Products²

Unlock exclusive deals on gear, gadgets, and apparel from Adidas®, New Balance®, Fitbit®, NutriBullet®, Therabody®, and more!

No Long-Term Contracts, Annual Fees, or Cancellation Penalties

Enjoy ultimate flexibility and choice. Plus **save \$5** when you add a second gym.³

More to Power Your Progress

Make lasting changes with **personalized 1-on-1 virtual coaching** in sleep, stress, nutrition, and GLP-1 weight loss—all at no extra cost!⁴

Enroll your partner and move toward your goals together.⁵

Access thousands of on-demand workout videos—**free and at your fingertips.**

12,800+
Standard Gyms



10,200+
Premium Gyms



¹Plus applicable enrollment fees and taxes. ²Not all program sponsors offer Marketplace; vendors, products, and discounts are subject to change. ³Members may select multiple gym memberships with a \$5 discount off the monthly fee for each additional gym selected. ⁴Active&Fit Direct and its coaches provide general information for educational purposes only and do not offer medical or pharmaceutical advice or diagnoses. For any medical or health concerns, consult a qualified healthcare professional. ⁵Add your spouse/domestic partner for additional fees. Fees will vary. Conditions apply.

M966-249X 11/25 © 2025 American Specialty Health Incorporated (ASH). All rights reserved. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location and program sponsor and is subject to change. On-demand videos are subject to change. ASH reserves the right to modify any aspect of the Program (including any fees and introductory period) without limitation at any time. We may discontinue the program at any time.