

# The Active&Fit Direct™ Program<sup>1</sup>

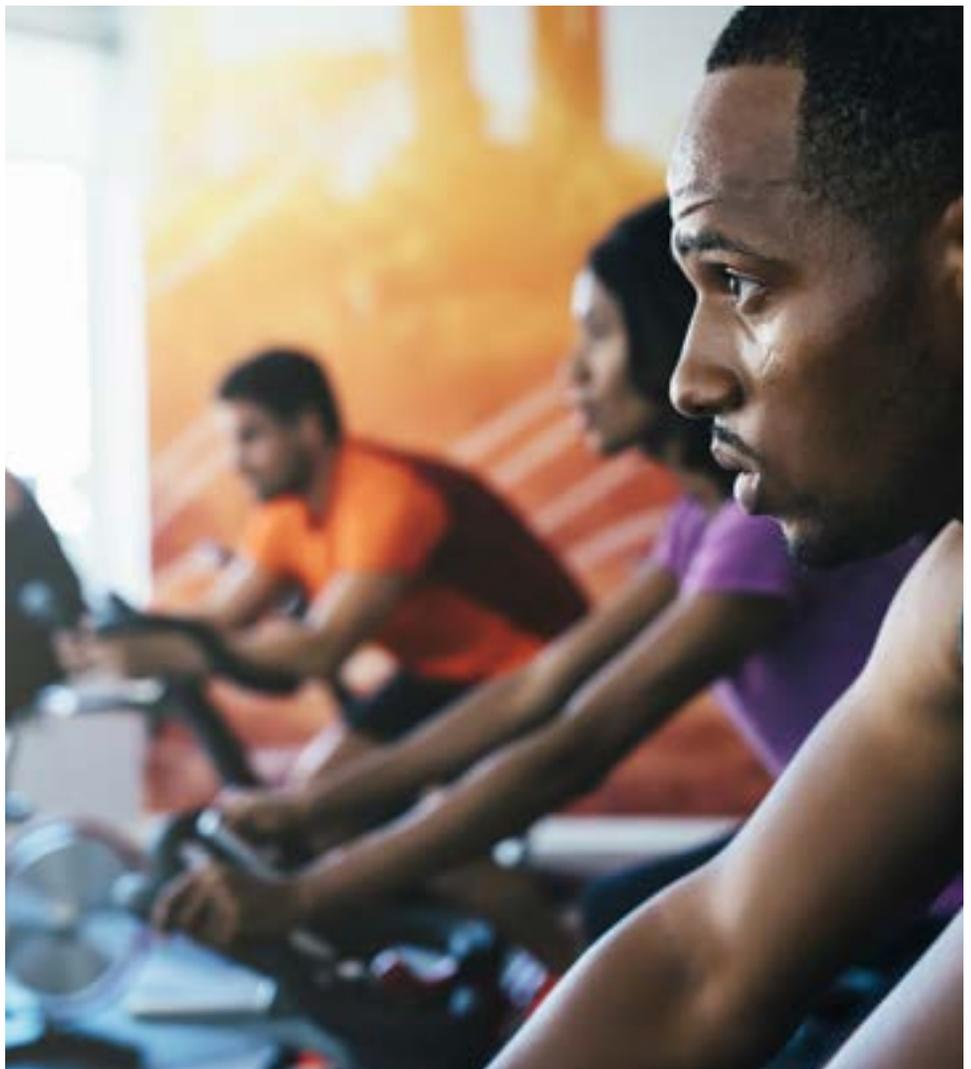
Making your fitness goals more affordable

Get moving for less. The Active&Fit Direct program gives you access to a fitness center membership for just \$25 a month. Choose from more than 150 participating fitness centers across Colorado, and more than 9,000 participating fitness centers and YMCAs nationwide.

## Participation and cost details

To participate, you must be 18 years or older, and enrolled in a Kaiser Permanente health plan.<sup>2</sup>

The cost is just \$25 per month, per eligible individual, plus a one-time, \$25 enrollment fee and applicable taxes. You can cancel any time after the first three months.



# Active&Fit Direct Program

## Here's how to get started.

### 1. Create a ChooseHealthy account, if you don't already have one.

- Visit [kp.org/choosehealthy](https://kp.org/choosehealthy) and choose your region.
- Then select either the "Fitness & Exercise" link on the left side of the screen, or the "Active&Fit Direct" link on the right. On the "Fitness & Exercise" page, select the "ChooseHealthy" link, under "Join and Get Moving."
- Click the "Register Now" button at the top of the screen and follow the prompts to create an account. You may also want to bookmark the site for convenience.

### 2. Find fitness centers near you, and enroll in the program.

- Once you have a ChooseHealthy account, log in to the ChooseHealthy site, then look for the Active&Fit Direct photo and icon in the upper left hand corner of the screen and select it.
- Click the "Enroll Now" button (don't worry, you'll be able to search for fitness centers before enrolling).
- On the Active&Fit Direct site, you can search for fitness centers, or enroll in the program. Then download and save or print your Active&Fit Direct fitness card.

### 3. Grab your workout gear and go to the participating fitness center you'd like to join.

- Show your fitness card at the front desk (you can either print it ahead of time and bring it with you, or show it on your mobile phone.) You may also be asked for a valid photo ID that includes your date of birth, so that the fitness center can verify your eligibility.
- The fitness center may ask you to complete additional forms (you won't have to pay anything extra unless you opt for additional services, beyond a standard fitness center membership).
- Enjoy your workout!

### 4. Visit [activeandfitdirect.com](https://activeandfitdirect.com) to monitor your account, or find a new fitness center or YMCA.

## Questions? Help is a phone call away.

Call Active&Fit Direct Customer Service at **1-877-335-2746**, Monday through Friday, from 5 a.m. to 6 p.m. Pacific time, or email [service@ashn.com](mailto:service@ashn.com).

1. The ChooseHealthy program is provided by ChooseHealthy, Inc. and the Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness). ChooseHealthy, Inc. and ASH Fitness are subsidiaries of American Specialty Health Incorporated (ASH). ChooseHealthy and Active&Fit Direct are trademarks of ASH and used with permission herein.

2. If a member's health plan coverage terminates, then the member will no longer be eligible to participate and any fees already paid to Active&Fit Direct are nonrefundable. Member is responsible for payment of any fees associated with upgrading their fitness center membership.

61007609\_18\_Active&FitDirect-Flyer\_CO