

# Getting active just got easier™



The Active&Fit Enterprise™ program supports every unique member.

Enjoy all of the following, anytime, anywhere, at no cost to you:



## On-Demand Workout Videos

View a variety of workout videos for all fitness levels including strength, yoga, cardio, and more.



## Standard and Premium Fitness Network Choices

Join thousands of participating fitness centers. You also have access to Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.<sup>1</sup>



## Healthy Living Coaching

A certified health coach will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone, video, or chat sessions.



## Workout Plans

Answer a few online questions about your fitness level and goals. You'll get workouts to help you start an exercise routine.



## Home Fitness Kits

Pick your favorite kit (one per benefit year):<sup>2</sup>

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit



## Fitness Tracking

Sync your wearable fitness tracker or mobile app to the Active&Fit Connected!™ tool and track your activity.<sup>3</sup>

Go to [www.ActiveandFit.com](http://www.ActiveandFit.com) to get started today!

For questions, call us toll-free at 1.877.771.2746, Monday through Friday, 7 a.m. to 8 p.m. Central time.

<sup>1</sup>Fees vary by Premium location. Please refer to the fitness center search on the Active&Fit Enterprise website.

<sup>2</sup>Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**. Kits are subject to change.

<sup>3</sup>Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit Enterprise program. Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity.

The Active&Fit Enterprise program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. The people in this piece are not Active&Fit Enterprise members. Active&Fit Enterprise, Getting active just got easier, Active&Fit Connected, and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Nonstandard services at fitness centers that call for an added fee are not part of the Active&Fit Enterprise program. Fitness center participation may vary by location and is subject to change.

Viva Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-294-7780 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-294-7780 (TTY: 711).