



Offered Through: Cigna.

For Members and Insured Family Members of:



home or gym?

we'll keep you active either way.



2,500+ DIGITAL WORKOUT VIDEOS



11,000+ FITNESS CENTERS AND STUDIOS
Members can change anytime



NO LONG-TERM CONTRACT

Try us out for free!

1. Enjoy **200 free digital workout videos** available to all eligible members, even before you enroll.
2. Join us for a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!



To Enroll: Please call 800.870.3470 or visit nalc.yourcareallies.com (High Option members); and mycigna.com (CDHP/Value Option members).

Over 2,500 digital workout videos including programs from:



Over 11,000 fitness centers and studios nationwide including:



*Plus applicable taxes.

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ABOUT THE ACTIVE&FIT DIRECT™ PROGRAM

1. **Q: What is the Active&Fit Direct program?**

A: The Active&Fit Direct program is a flexible and comprehensive low-cost fitness program offered through American Specialty Health Fitness, Inc. It is one of America's fastest growing fitness programs. Our parent company, American Specialty Health Incorporated, was started in 1987 and provides a broad range of fitness and health care programs nationally. The Active&Fit Direct program's mission is to help you become more active without breaking the bank.

2. **Q: What is included in the Active&Fit Direct program?**

A: Your membership includes all of these benefits:

- A fitness program membership for just \$25/month with a \$25 enrollment fee, plus any applicable taxes
- Choice of 11,000+ fitness centers participating in the Active&Fit Direct network nationwide. And our network of fitness centers continues to grow! Switch fitness centers anytime.
- 2,500+ digital workout videos so you can work out at home or on-the-go
- A variety of workout classes available anytime on YouTube and Facebook
- Activity tracking through the Active&Fit Direct Connected!™ tool, which aggregates data from 250+ wearable fitness trackers and apps
- Unlimited one-on-one lifestyle coaching in areas such as fitness, nutrition, stress, and sleep
- Digital resources and classes
- No long-term contract

3. **Q: How much does it cost?**

A: The Active&Fit Direct program is just \$25/month with a \$25 enrollment fee, plus applicable taxes. When you enroll, you'll pay the enrollment fee (\$25), the current month's membership fee (\$25), and the next month's membership fee (\$25)—so \$75, plus applicable taxes gets you started.

4. **Q: Is there a minimum period when I enroll?**

A: Yes, there is a 2-month minimum enrollment period. After the 2-month commitment, participation is month-to-month.

5. **Q: Do I have to be a certain age to enroll?**

A: Yes, you must be 18 or older to enroll in the program.

6. **Q: How can I enroll?**

A: Find the Active&Fit Direct section of your employer/association/health plan website. From there, you can link over to the Active&Fit Direct website, register, and click "Enroll Now."

7. **Q: Do I get an Active&Fit Direct fitness card?**

A: Yes! Once enrolled, print your Active&Fit Direct fitness card or save it to your phone. Take it with you and present it to the fitness center. They will use your fitness card to verify your enrollment and then have you complete their standard membership agreement. If you lose the printed Active&Fit Direct fitness card, just log back in to print another or show it on your phone.

8. **Q: Do I need to sign a long-term contract with the Active&Fit Direct program?**

A: No, the Active&Fit Direct program does not require any long-term contracts! After your initial 2-month enrollment period, participation is month-to-month. There is an Active&Fit Direct "Program and Website Terms and Conditions" that applies to all participating members.

9. **Q: Are there any fees or penalties if I terminate my Active&Fit Direct membership?**

A: No, there are zero penalties or fees if you terminate your Active&Fit Direct membership. However, you may need to pay another \$25 enrollment fee if you cancel your membership and then enroll again at a later date.