

Welcome to the Active&Fit Enterprise™ Program

Feel supported on your fitness journey with:

- Access to a network of participating fitness centers
- The Premium Fitness Network, which includes more locations like fitness centers, studios, and unique fitness experiences, for a buy-up price[1]
- On-demand workout videos on the Active&Fit Enterprise website
- Workout Plans to help you start or stay with a workout routine
- The Connected! tool so you can track your activity on 250+ fitness trackers and apps[2]
- An online library of exclusive articles and resources

Learn more about the program. Visit **ActiveandFit.com** and explore the FAQs.

Would you like to speak with Customer Service? Call us toll-free at 1.877.771.2746, Monday through Friday, 7 a.m. to 8 p.m. Central time.

Exclusions and Limitations

The following are not included:

- Services from gyms that do not join the Active&Fit Enterprise program
- Education materials not made for the Active&Fit Enterprise program by American Specialty Health Incorporated
- Communication tools, phone speakers, DVRs, and phones that work with hearing aids
- Drugs and medicine
- Over-the-counter goods
- Diet and herb supplements, vitamins, and minerals
- Weight control products
- Quit smoking medicines
- Meal-replacements or any type of food
- Listening devices, like, audio tapes and CD players
- Fitness devices and apps that have fees

If you are not an Active&Fit Enterprise member, you are not eligible for any services. The Active&Fit Enterprise program may not be appropriate for members with serious medical conditions.

[1]Fees vary by Premium location. Please refer to the fitness center search on the Active&Fit Enterprise website.

[2]Purchase of some compatible fitness trackers or apps may be required to use the Connected! tool and aren't reimbursed by the Active&Fit Enterprise program. Your use of the Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive details about your tracked activity.

The Active&Fit Enterprise program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services aren't available in all areas. Please talk with your doctor before you start or change your workout routine. Persons shown aren't Active&Fit Enterprise members. Active&Fit Enterprise and the Active&Fit Enterprise logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Fitness center participation may vary by location and is subject to change. Nonstandard services at fitness centers that call for an added fee aren't part of the Active&Fit Enterprise program.

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