

# Get Fit for Fall



## Thousands of Fitness Options

- Choose from **12,700+** standard gyms for just **\$28/mo.**<sup>1</sup>
- Plus, **8,800+** premium exercise studios with **20% - 70% discounts** at most locations.<sup>1</sup>

## Flexible & Affordable

- **No long-term contracts.** Switch gyms or cancel with ease.
- Join multiple gyms and get a **discount.**<sup>2</sup>

## Go Beyond the Gym

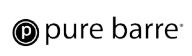
- Get Fit at Home™ for free with **12,000+ on-demand workout videos** before you enroll.

**\$0 Enrollment Fee With Code: FITFORFALL**<sup>3</sup>

**Standard**  
Fitness Network



**Premium**  
Fitness Network



**Get Started:** <https://discoverhealthyrewards.sites.cigna.com>

<sup>1</sup> Monthly fees are subject to applicable enrollment fees and taxes. Costs for premium exercise studios exceed \$28/mo. plus applicable enrollment fees and taxes. Fees vary based on premium fitness studios selected.

<sup>2</sup> Members may purchase multiple standard and premium gym memberships with a \$5 discount off the monthly fee for each membership purchased after their first.

<sup>3</sup> \$28 enrollment fee waived for standard and premium gyms 10/1/2024 12:01 a.m. - 11/30/2024 11:59 p.m. PT.

M966-249S 09/24 © 2024 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct, Fit at Home, and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Standard fitness center and premium studio participation varies by location and is subject to change. Other restrictions may apply based on the location of your selected fitness center. On-demand workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), any future Annual Maintenance fees, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.