

The Active&Fit Direct™ program

# Stay active and fit for less

Staying fit is important to your overall health and well-being.  
Joining a gym can help you add more physical activity to your day.

## Join a gym for \$28 a month!

As a Moda Health or Delta Dental member, you have access to the Active&Fit Direct program. With memberships starting at \$28 a month, you can choose from over 12,200 participating gyms nationwide.

### The program offers:

- A free guest pass to try out a gym before joining
- A robust online library of on-demand workout videos
- Access to online directory maps and a health club locator from any device
- Online tracking from a variety of wearable fitness devices, apps and exercise equipment

## Ready to join?

Log in to your Member Dashboard account at [modahealth.com](http://modahealth.com).

1. Open the Benefits drop-down menu
2. Select Benefit Programs
3. Select Gym discounts with Active&Fit Direct

Members should contact their gym of choice before signing up to see if there are any additional membership conditions or requirements.

*Initial enrollment in the standard network of gyms is \$84. This includes an enrollment fee and covers the first two months.*

*Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected.*

*A two-month commitment is required.*

*Applicable taxes may apply.*

*Additional terms and conditions apply. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH and used with permission herein.*



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