

AF *Active&Fit*
ENTERPRISE™

Getting active
just got easier.™



A Complete Fitness Program

The Active&Fit Enterprise™ program is one of the largest and most diverse well-being, exercise, and rewards programs nationally, and it includes the following components:

- **Fitness membership choices**
- **Digital fitness choices with home fitness tools**
- **Well-being choices**
- **Active&Fit ExerciseRewards™ choices**

A fitness program is essential to improving health and well-being, standing out from the competition, and controlling health care costs.

Implement an innovative and flexible fitness program.



Fitness Membership Choices

Fitness can be made simple ... and cost effective all around.

The Active&Fit Enterprise program offers members a **fully-subsidized or partially-subsidized membership** through a robust network of participating fitness centers, exercise studios, and instructor-led workout classes.

Members have access to two comprehensive fitness networks, **Standard and Premium.**

Standard Network

The Standard Fitness Network features more than 12,300 fitness centers with multiple fitness center access for members that may use more than one location.



Premium Network

The Premium Fitness Network includes more than 5,600 Premium locations including fitness centers, studios, and unique fitness experiences for a monthly member price. Members receive 20% – 70% discounts off retail prices at most locations.



Digital Fitness Choices with Home Fitness Tools

Give those unable to get to a fitness center or who simply prefer to work out at home a solution that fits their needs. Members may choose one Home Fitness Kit each program year plus enjoy more than 8,700 on-demand workout videos.

Home Fitness Kits

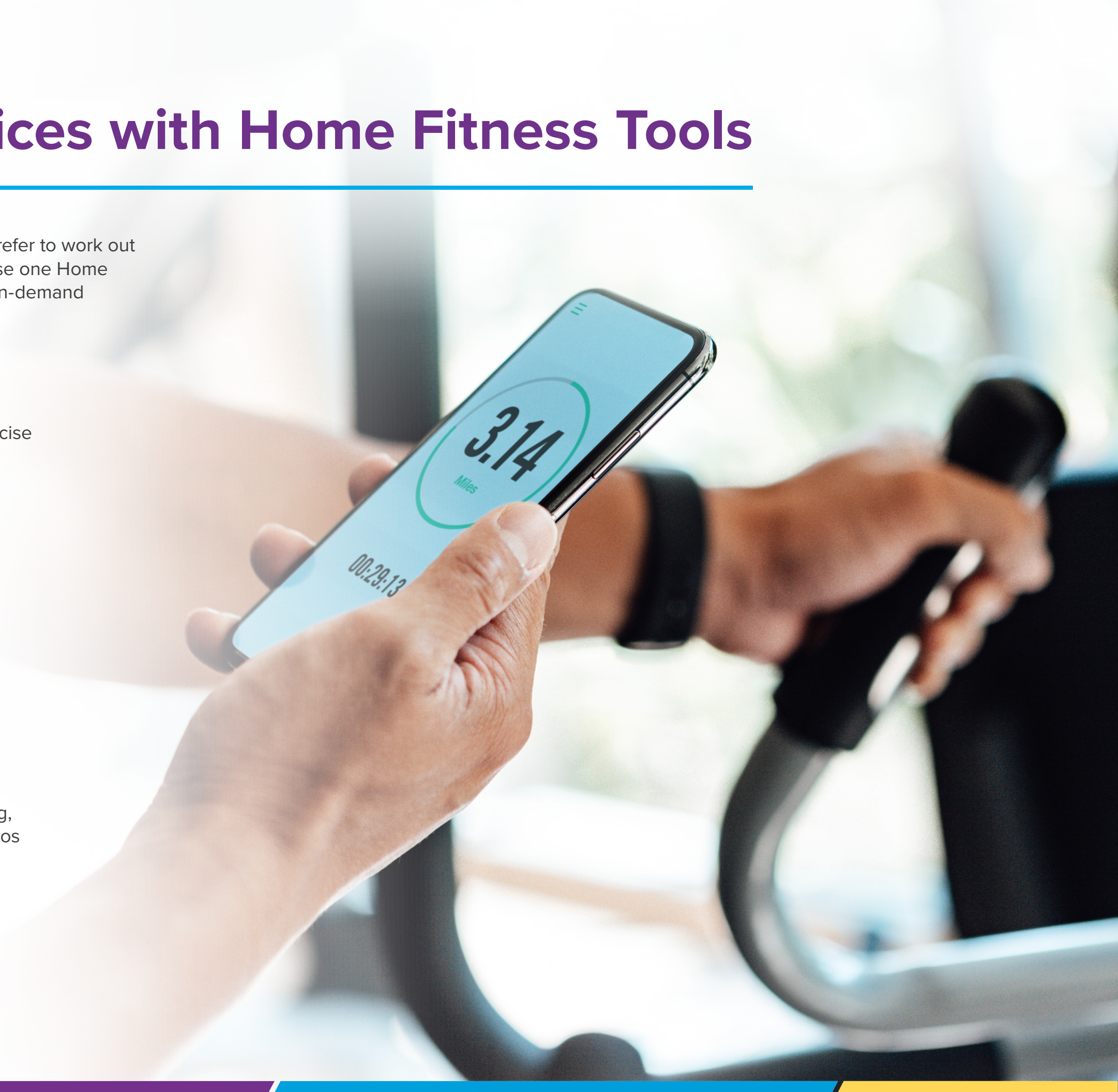
Home Fitness Kits include wearable fitness tracker and exercise kit options such as Pilates, strength, swim, and yoga.



On-Demand Workout Videos

On-demand workout videos include strength, cardio, walking, yoga, cycling, stretching, dance, and others plus fitness videos created by ASH Fitness exclusively for members.

No matter which avenues members pursue, fitness is always within reach.



Well-Being Choices

Offer well-being choices that go beyond exercise and fitness to focus on nutrition, stress, sleep, and other factors that impact a member's health.

The Healthy Living Coaching program delivers personalized, one-on-one telephonic sessions with a health coach and helps members set and reach goals at their own pace. Members also have access to thousands of educational articles and videos in the online library.

Members can track their activity with more than 250 approved wearable fitness trackers and apps using the Active&Fit Connected!™ tool. Activity tracking supports coaching discussions and objectives.

Improve member health by boosting well-being.



Active&Fit Exercise Rewards Choices

Enhance your fitness program with a broad range of available rewards and incentive options.

Members can earn rewards for exercising routinely while tracking their activity through fitness center visits, or earning points with a combination of qualified fitness center visits or activity using wearable fitness devices and apps. Thresholds for required activity, time frame, and reward amounts are determined by you.

We can perform rewards fulfillment or provide qualified member reporting to you.

Give members the motivation for moving more.

YOU JUST HIT
500
POINTS

YOU JUST HIT
1200
POINTS

YOU JUST HIT
2000
POINTS



The Active&Fit™ Family of Products

The Active&Fit® family of fitness products provides innovative fitness programs for health plans, employers, and consumers.



Market	Plan-sponsored, subsidized fitness program	Client-sponsored, member self-pay fitness program	Public, consumer-direct self-pay fitness program
Eligible Populations	Ages 18 – 64	U.S. residents 18+ who belong to select health plans, associations, employer groups, or exclusive partnerships	Any U.S. resident 18+
Fitness Center Network	Standard Fitness Centers: 12,300+ Premium Fitness Centers: 5,600+	Standard Fitness Centers: 11,900+ Premium Fitness Centers: 5,500+	Standard Fitness Centers: 8,100+ Premium Fitness Centers: 1,400+
Program Cost	Varies per client based on selected offerings; monthly fees apply for Premium locations	Standard Fitness Centers: \$28/mo. (Price effective April 1, 2023) Premium Fitness Centers: 20% - 70% off retail prices	Standard Fitness Centers: \$32/mo. (Price effective April 1, 2023) Premium Fitness Centers: 20% - 70% off retail prices
Add a Spouse/Domestic Partner Membership*	Yes	Yes	Any U.S. resident 18+ can join
Can Change Fitness Centers	Yes	Yes	Yes
Home Fitness Kits	Choice of one kit per benefit year (10 options)	Not available	Not available
On-Demand Workout Videos	8,700+	8,700+	8,300+
Healthy Living Coaching	Unlimited sessions by phone	Unlimited sessions by phone	Unlimited sessions by phone
Member-Exclusive Digital Resource Library	Yes	Yes	Yes
Activity Tracking	Active&Fit Connected™ tool 250+ wearable trackers and apps	Active&Fit Direct Connected™ tool 250+ wearable trackers and apps	Active&Fit Now Connected™ tool 250+ wearable trackers and apps
Rewards	Buy-up available	Not available	Not available
Newsletter	Yes, quarterly online newsletter	Yes, monthly email newsletter	Coming soon

*Add a spouse/domestic partner to a primary membership for additional fees. Spouses/domestic partners must be 18 years or older.

Engage! Creative Group™

Ready to pump up your plan offerings? So are we.

Our internal agency is at your fingertips to target promotions based on your demographics, goals, and objectives.

You have access to:

- **Strategic marketing**
- **Communications planning**
- **Team of award-winning designers and writers**
- **Selection of promotional materials**

Get the word out, and start seeing more workouts.



Getting active just got easier.™

Call or email today.

855.328.2746

YourFuture@ActiveandFit.com

ActiveandFit.com



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