



ABOUT THE ACTIVE&FIT DIRECT™ PROGRAM

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

A: Your program membership includes all of these benefits:

- A fitness center membership for just \$25/month with a \$25 enrollment fee, plus any applicable taxes
- Choice of over 10,000 fitness centers participating in the Active&Fit Direct network nationwide. And our network of fitness centers is continuing to grow!
- No long-term contract
- Flexibility to switch fitness centers anytime
- Handy online searchable directory to find fitness centers
- Activity tracking through the Active&Fit Direct Connected!™ tool, which aggregates data from 250+ wearable fitness devices, apps, and exercise equipment
- Educational classes and articles as well as 800+ on-demand workout videos at no extra cost.

2. 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.

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

A: Yes, there is a 3-month minimum enrollment period. After the 3-month commitment, participation is month-to-month.

4. Q: Who 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.

ENROLLMENT

5. 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, search for a fitness center, and once you find one you like, click the button to "Enroll Now."

6. 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 3-month enrollment period in the Active&Fit Direct program, you are free to cancel your Active&Fit Direct membership. There is an Active&Fit Direct "Program and Website Terms and Conditions" that applies to all participating members.

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

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

PAYMENT

8. Q: What will I be charged when I enroll?

A: When you enroll, you will pay a \$25 enrollment fee, and the current month's fee (\$25), and you'll prepay the second month's fee (\$25) for a total of \$75, plus applicable taxes. Going forward, your credit card on file will be charged \$25 plus applicable taxes on the same date each month, which will prepay the next month's fee. You can access your invoices in your Active&Fit Direct online account.

9. Q: Do I ever have to pay a fitness center directly for anything?

A: Under your Active&Fit Direct membership, you are eligible for a standard membership at any of our 10,000+ participating fitness centers nationwide. You pay your Active&Fit Direct enrollment and membership fees initially and then monthly to the Active&Fit Direct program; you will not pay anything to the fitness center to enroll and to remain eligible for the standard fitness center membership during the term of your participation with the Active&Fit Direct program. However, if you decide to upgrade your standard fitness center membership, then you would pay the additional upgrade fees directly to the fitness center. Any non-standard fitness center services that typically require an additional fee are not included in the Active&Fit Direct monthly membership fee of \$25.

FITNESS CENTERS

10. Q: What types of fitness centers are part of the Active&Fit Direct program?

A: We contract with 10,000+ of the top fitness centers across the country—ranging from your conventional health clubs to boutique studios with yoga, cycling, and more. These include coed and gender-specific fitness and exercise centers. Fitness centers, amenities, and classes vary by location.

11. Q: Can I try out a fitness center before I enroll?

A: Yes, most fitness centers offer a free guest pass through the Active&Fit Direct program to make sure you find the fitness center that's right for you. If you find a fitness center in our directory and want to try it out first, use the fitness center search, select a location, and click the "Request a Guest Pass" button. Bring the letter to your selected location. Note that most, but not all, fitness centers offer a guest pass through the Active&Fit Direct program.

12. Q: Can I continue to use my existing fitness center?

A: If your fitness center is part of the Active&Fit Direct network of 10,000+ fitness centers, then yes, your fitness center will allow you to cancel or suspend current memberships, so you may enroll in the Active&Fit Direct program at no penalty. If you decide to cancel your Active&Fit Direct membership, and the original fitness center membership was suspended (and not canceled), your original membership at the fitness center should be reinstated.

13. Q: How can I nominate a fitness center that I would like to become part of the Active&Fit Direct network?

A: If you're not finding your favorite fitness center listed on the Active&Fit Direct website, simply scroll to the bottom of the search results, locate "Can't find your fitness center in our network?" and click "Nominate a Fitness Center." Provide the name, address, and phone number of the location. We'll contact them for possible addition to the Active&Fit Direct network.

14. Q: Can I change my fitness center? If so, how often?

A: Yes, of course. You can change fitness centers at any time at no additional cost. We want to make sure you find the right fitness center for your schedule, lifestyle, and fitness preferences. Just log in, find your new Active&Fit Direct fitness center, and reprint your fitness card if needed (or save it again to your phone). Go to your new fitness center and present your Active&Fit Direct fitness card. They will use your fitness card to verify your enrollment and then have you complete their standard membership agreement. And now you can get started at your new fitness center!

Find out more about the Active&Fit Direct program by visiting your employee benefits site.

