

# Gym or home? ***Stay active either way.***

Staying fit is important to your overall health and well-being.

If you are an eligible Moda Health or Delta Dental member, you can add more physical activity to your day through the Active&Fit Direct program. Simply join a participating fitness center at a discounted monthly fee or enjoy thousands of digital workouts wherever you are.

## With the Active&Fit Direct program, you'll get:

- A discounted membership to 16,000+\* fitness centers and studios across the country, with no long-term contracts
- The option to switch fitness centers to make sure you find the right one
- 5,500+ digital workout videos so you can work out at home or on-the-go
- The ability to purchase a membership for your spouse or domestic partner

## Try it out for free!

- Even before you enroll, you can enjoy 200 free digital workout videos. These videos are available for all eligible members.
- Join a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!

## Ready to get started?

Visit the web address on your member identification card and log in to your Member Dashboard account. If you do not have a Member Dashboard account, you can create one there. Select Fitness Tools from the Member Dashboard landing page, and follow the link to Active&Fit Direct for more information.



*\*Choose from 11,000+ standard fitness centers, for just \$28 a month, or 5,000+ premium options, with substantial discounts on most. Fees will vary and apply to each option chosen. Fees include an enrollment fee and applicable taxes.*

*Please contact the location of your choice before signing up to see if there are any additional membership conditions or requirements.*

The Active&Fit Direct program is not insurance.

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