

Being your healthiest is easier than ever

The Active&Fit Enterprise™ program offers fitness options that work for everyone

Bolster your health and fitness with the Active&Fit Enterprise program, which provides access to a network of fitness centers nationwide, a home fitness kit, and virtual options, that allow you to work out in your own home. And it's all for just \$100 per benefit year – that's less than \$9 a month for the fitness center membership and \$10 each benefit year for the home kits.¹



The Active&Fit Enterprise program offers:

Digital Workout Videos

Go to kp.org/activeandfit and get fit with workout videos for core, cardio, strength, yoga, and more, for all fitness levels.

Home Fitness Kits

Choose 1 of the following each benefit year:²

- Garmin® or Fitbit® Wearable Fitness Tracker Kit
- Walking/Trekking Kit with 2 walking poles
- Pilates Kit with a Pilates ball and hand towel
- Beginner Yoga Kit with a mat and towel
- Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks
- Beginner, Intermediate, or Advanced Strength Kit with dumbbells and exercise bands
- Beginner Swim Kit with swimming goggles and a kickboard
- Advanced Swim Kit with aquatic resistance gloves and a pull float

Healthy Living Coaching

Receive one-on-one lifestyle coaching in areas such as fitness, nutrition, stress, and sleep. Coaches help you set and reach your goals at your own pace.

Daily Workout Classes

Join a variety of workout classes available anytime on [YouTube.com/MyActiveandFit](https://www.youtube.com/MyActiveandFit) and [@MyActiveandFit](https://www.facebook.com/MyActiveandFit) on Facebook. Classes are led by a certified instructor.

Standard and Premium Fitness Network Choices

Work out at one of many participating fitness centers. You also have access to Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.³

Active&Fit Connected!™ tool

Track your exercise and activity from wearable fitness trackers and apps.⁴

How to enroll

Go to kp.org/activeandfit.

- You'll be able to choose the in-person or virtual option or both. If you choose the in-person option, you pay a nonrefundable \$100 annual member fee online, and you'll select your preferred fitness center.
- The welcome letter with your Active&Fit Enterprise card and the program welcome flyer will be available online. The welcome letter will include your fitness ID number and your selected fitness center's details.

Go to the gym

- Bring your welcome letter to the fitness center and show it to the front desk. If you forget, the center can look up your information.
- You'll also need a valid photo ID with your date of birth, and you may be required to complete additional forms.

Select your home kits

- Pay your \$10 annual member fee online and select one Home Fitness Kit each benefit year.

1. The Active&Fit Enterprise™ program is available to members who are enrolled in qualifying Kaiser Permanente health plans purchased by their employer. Eligible members (age 16 and older) pay only \$100/per plan year for access to participating Colorado fitness centers. Additional options or services may not be included. Minimum age requirements may vary by fitness center. If an individual loses plan coverage or terminates membership with the Active&Fit Enterprise program early, the one-time payment of \$100 (per eligible member) and/or any unused portion of the gym membership is not refundable.

A separate \$10 annual member fee applies for participation in the Home Fitness program.

2. Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites.

Once selected, kits cannot be exchanged.

3. Fees vary by Premium fitness center location. Please refer to the fitness center search on the Active&Fit Enterprise website.

4. Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit Enterprise program.

Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit Enterprise program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit and Active&Fit Connected! are registered trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners. Kits are subject to change. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit Enterprise program. Fitness center participation may vary by location.

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Questions?

Call **1-877-750-2746**, Monday through Friday, 6 a.m. to 9 p.m. Mountain time, or visit kp.org/activeandfit.