

This Is **Your Year.** Make It Fit.

No Enrollment Fee With Code: **YOURYEAR**

 **11,900+ Gyms**

 **9,000+ On-Demand Videos**

**A fitness program with no annual fees and
no long-term contracts. Switch gyms anytime.**



Plus:

- Membership options for your spouse¹
- **5,600+ Premium Gym Options²** at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations

Act Now! Monthly fees for January – March are **\$25/mo.**, plus we'll waive your enrollment fee.
Price increases to **\$28/mo.** on April 1, 2023.³

Get Started: Log in to upmchealthplan.com > Menu > Better Health and Wellness > Health and Wellness Discounts.

¹ Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

² Costs for premium exercise studios exceed \$25/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

³ Plus applicable taxes for standard gyms. \$25 enrollment fee waived for standard gyms only 1/1/23 12:01 a.m. – 3/31/23 11:59 p.m. PT. Fees increase to \$28/mo. plus applicable taxes effective 4/1/23. When you enroll, you'll pay the first and second months' fee. If you enroll in March, you'll pay \$25 for March and \$28 for April at the time of purchase. Ongoing monthly fees are paid one month in advance, e.g. June membership fees will be charged in May.

M966-249L 11/22 © 2022 American Specialty Health Incorporated (ASH). All rights reserved. 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. Other names or logos may be trademarks of their respective owners. Standard fitness center and premium studio participation varies by location and is subject to change. On-demand workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), any future Annual Maintenance Fees, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.

Participants must be 18 years of age or older, be located in the United States, and have a valid email address. Participants must pay by credit card and will be charged in advance on a monthly basis using a recurring payment subscription. Participants commit to three consecutive months of membership. If a participant chooses to cancel, they must provide a 30-day notice of cancellation. All payments are subject to tax, if applicable, based on the participant's location.