

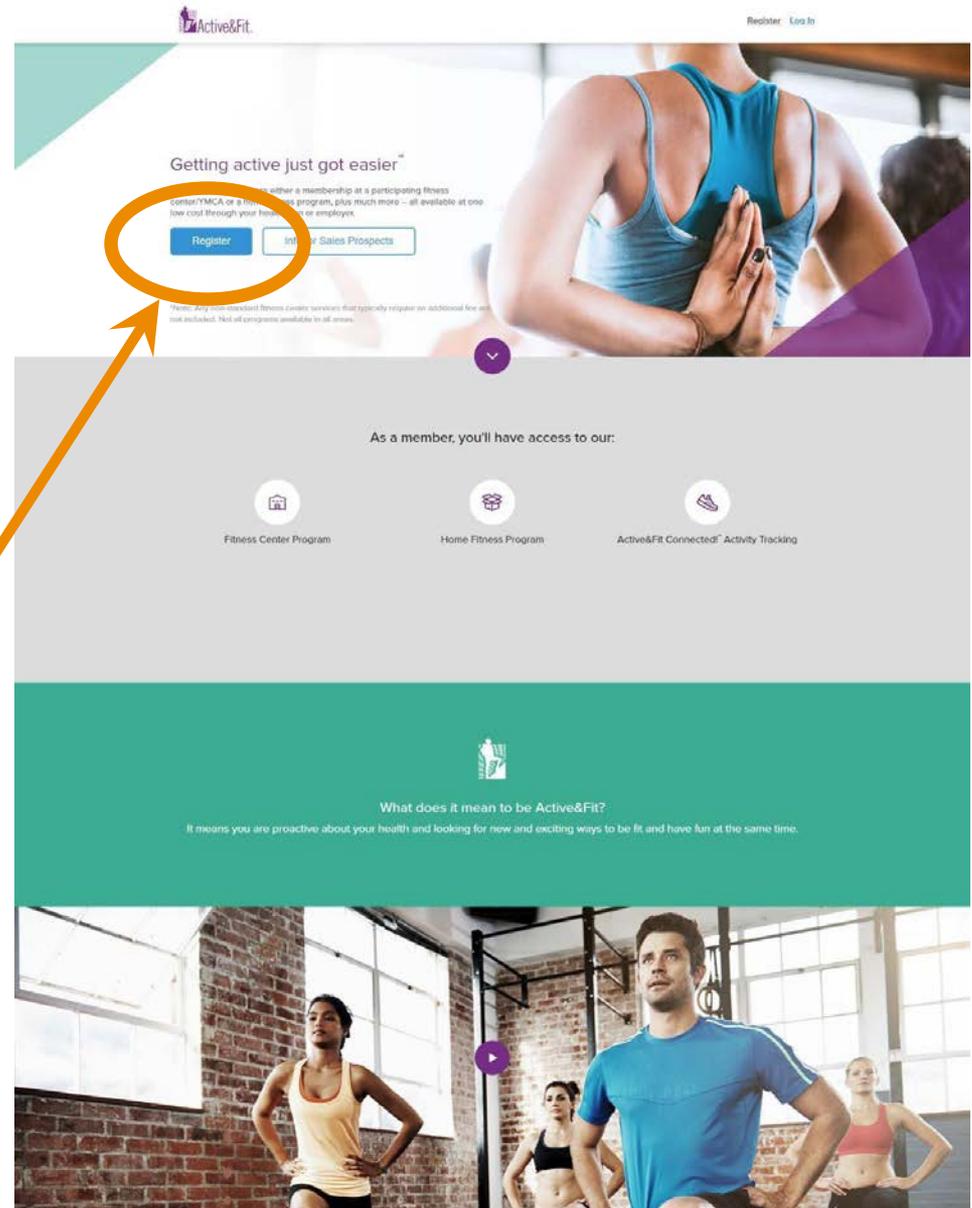


How to Use Your Network Health Essential Plan Fitness Center Program

This guide provides step-by-step instructions to sign up for the **Fitness Center Program** which is available to you through your Network Health essential plan.

Begin the Registration Process

Visit ActiveandFit.com
Select Register.



Enter Your Information

Enter your **First Name, Last Name, Date of Birth** and agree to **Website Terms and Conditions**. Then, click **Continue**.



Check Eligibility

Enter the following to confirm that you are eligible for the Active&Fit program.

First Name*

Last Name*

Suffix (Sr., Jr., III)

Date of Birth (mm/dd/yyyy)*

*Required Fields

I agree to the [Website Terms & Conditions](#).

Enter your **Address, City, State, Zip Code** and **Phone Number**. Then, click **Continue**.



Member Information

Address Line 1 *

Address Line 2

City*

State*

Zip Code*

Phone Number (10 digits no dashes)*

*Required Fields

If you have any questions during this process, please contact the Active&Fit customer service department at 877- 771-2746, Monday through Friday from 7 a.m. to 8 p.m. CST, starting January 1, 2020.

Create an Account



Create your **Account Information**, which includes your **Email Address, Username, Password.**

Then, create a **Security Question** and **Security Answer.**

Click **Continue.**

Account Information

Email*

Username*

- Use alphanumeric characters (A-Z, 0-9)
- Not case sensitive
- Minimum of 5 characters
- Maximum of 15 characters

Password*

- A minimum of 8 characters
- One upper case letter
- One lower case letter
- One numeric character
- One special character (example: ! @ # \$ %)

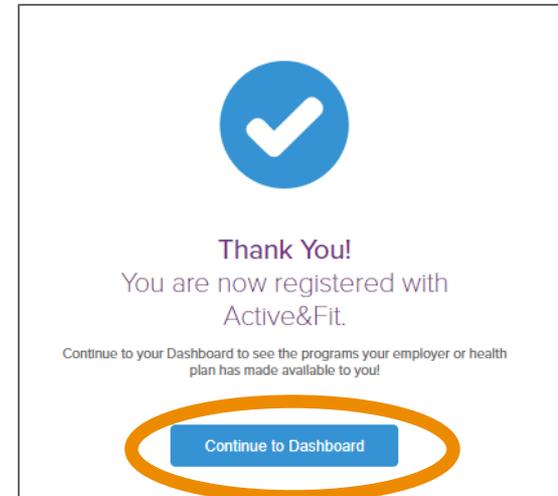
Confirm Password*

Security Question*

Security Answer*

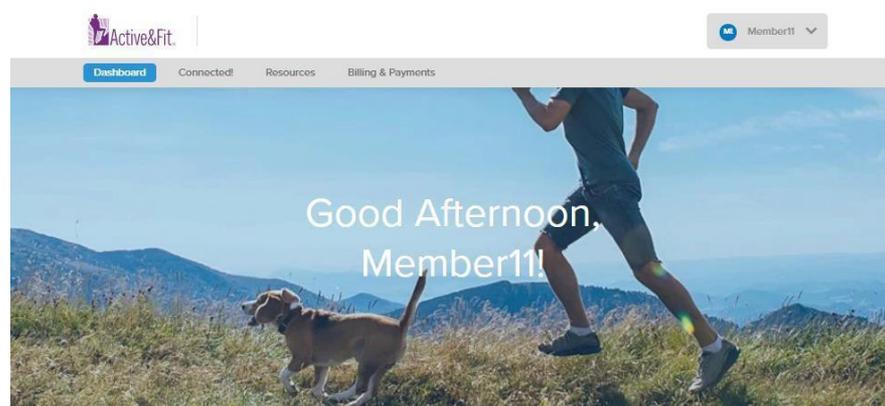
*Required Fields

[back](#)



Your account registration is complete





Enroll in a Fitness Center

Select Find a Fitness Center.



Enroll in a fitness center and save with the Active&Fit® program!

As an Active&Fit member, you have access to 10,000+ participating fitness centers and select YMCAs nationwide at no cost! Network options range from conventional gyms to studio classes such as yoga, cycling, and more. You can change your fitness center monthly to find one that suits you and your lifestyle.

- 1 Search for a participating fitness center near you
- 2 Select your fitness center
- 3 Get your workout on!

[Find a Fitness Center](#)

Home Fitness Program

Work out in the comfort of your own home with the Home Fitness Program! You may choose up to 2 home fitness kits each year. These kits may include DVDs, guides, and other items to help you get fit on your own terms.

\$0 for 2 Home Kits

[Get a Home Kit](#)

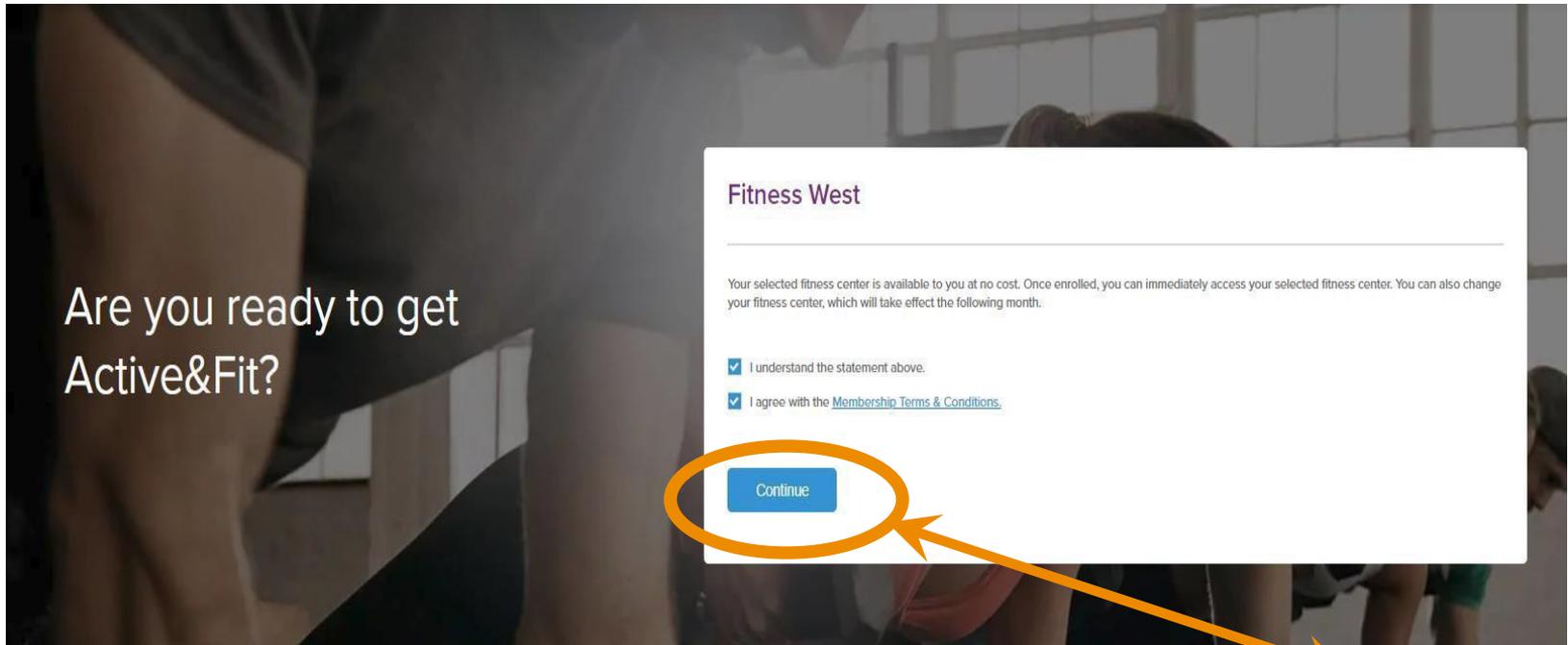
Search and Select a Fitness Center

Enter your city, state and zip to find a fitness center near you.

The fitness search results will give you details about the available fitness centers and provide a map view of the area.

The screenshot displays a search interface for fitness centers. At the top, a search bar contains the text "San Diego, CA 92109, USA" and is circled in orange. Below the search bar, there are 25 results. The first result is for "Fitness West" at 1880 Garnet Ave, San Diego, CA 92109, located 0.6 miles away. The second result is for "Crunch - Pacific Beach" at 1211 Garnet Ave, San Diego, CA 92109, located 1.0 miles away. The third result is for "24 Hour Fitness - Club 65 - Active" at 909 Garnet Ave, San Diego, CA 92109, located 1.2 miles away. The fourth result is for "24 Hour Fitness - Club 103 - Active" at 3675 Midway Dr, San Diego, CA 92110, located 2.9 miles away. To the right of the search results, there is a detailed view for "Fitness West Pacific Beach". This view includes the address "1880 Garnet Ave, San Diego, CA 92109", phone number "(858) 272-9378", email "shari@fitnesswest.com", website "fitnesswestpb.com", and a minimum age requirement of 18 (or 12 with guardian). A blue button labeled "Select Fitness Center" is circled in orange. Below this button is a "Get a Guest Pass" button. The "Hours" section lists the following: Monday 5:00 am - 10:30 pm, Tuesday 5:00 am - 10:30 pm, Wednesday 5:00 am - 10:30 pm, Thursday 5:00 am - 10:30 pm, Friday 5:00 am - 10:00 pm, Saturday 7:00 am - 7:00 pm, and Sunday 8:00 am - 6:00 pm. The "Amenities & Services" section lists: Cardiovascular Equipment, Cycling Classes, Locker Facilities, Personal Training, Pilates, Strength Training Equipment, and Yoga. To the right of the search results is a map view of the area, showing various locations marked with purple pins. An orange arrow points from the search bar to the "Select Fitness Center" button.

Complete Fitness Center Enrollment



Review the statement and the **Membership Terms & Conditions** and click **Continue**.

Confirmation of Enrollment

Dashboard

Newsletters

Billing & Payments



Congratulations!

You have successfully enrolled in
Fitness West through Active&Fit.

Please bring your Active&Fit Card along with a valid photo ID to Fitness West
to get started. Happy working out!

[View Active&Fit Card](#)

[Return to Dashboard](#)

Letter from Active&Fit

You will receive a letter from Active&Fit containing a card you can bring to your selected fitness center.

You don't need to wait for this letter to arrive to start using your fitness center benefit.

- You can bring your Network Health member ID card to your selected fitness location and mention you have an Active&Fit membership.
- The fitness center staff will assist you in completing your registration.

When you go to the fitness center for the first time, you will need to complete and sign a no-cost membership agreement.

March 22, 2019

FEMBER01 TEST392984
777 FRONT ST
SAN DIEGO CA 92101

Bring the Active&Fit Card to Your First Visit

Dear Fember01:

Welcome to the Active&Fit program. Thank you for paying your non-refundable annual member fee of \$100. The location that you chose during enrollment is:
Fitness West
1880 Garnet Ave San Diego CA 92109
858-272-9378

So now all you have to do is **bring the Active&Fit card included with this letter to the fitness center or YMCA on or after 3/22/2019** and start your journey to better health!

If this is your first visit to the location, you may be asked to sign a new membership contract, even if you have one already. There will be no fees due to your fitness center/YMCA.

Please make sure to talk to a doctor before starting or changing an exercise routine.

To learn more about your Active&Fit program, visit www.ActiveandFit.com. If you have questions, call us toll-free at **1.877.761.2746**, Monday through Friday, 5 a.m. to 6 p.m. Pacific.

Active&Fit	Active&Fit Card	Active&Fit	Fitness Center Information
	Member Name: Fember01 test392984 Date of Birth: 1/1 Fitness ID: 41994933 This Active&Fit card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card is the property of American Specialty Health Fitness, Inc. (ASH Fitness).		Fitness Center Effective Date: 3/22/2019 Your Selected Fitness Center: Fitness West 1880 Garnet Ave San Diego CA 92109 858-272-9378

M965-0071-BAY 11/18 Fitness Center Welcome Letter

Sincerely,

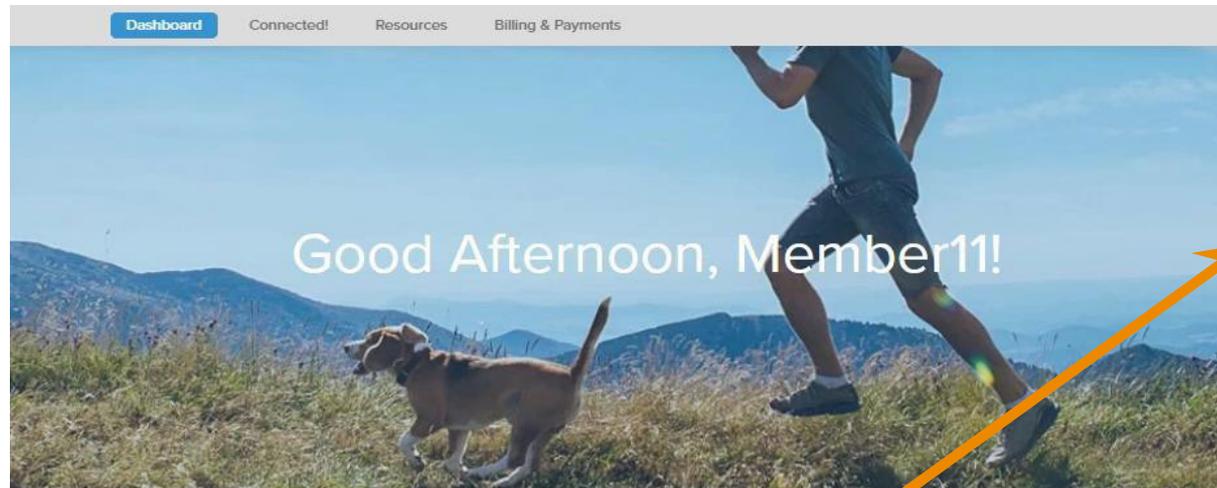


Kirk Hartman
Associate Vice President, Fitness Customer Service

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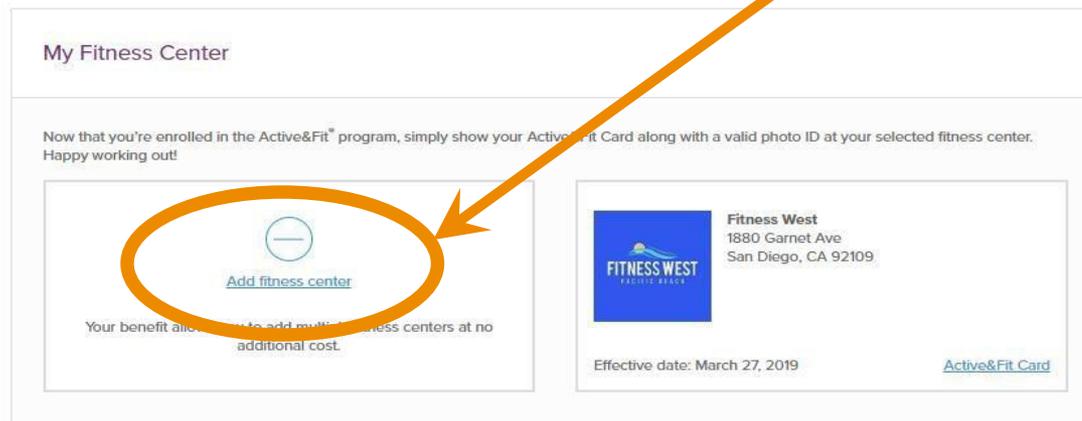
Add Multiple Fitness Centers

If you would like to work out at multiple fitness locations, you can add another fitness center for no additional cost.



Click **Add Fitness Center** and you can search and select an additional fitness center.

Your fitness benefit through Network Health allows you to select as many gyms as you would like. And, you can add and remove fitness centers at any time during the year.



Transitioning Between Fitness Program Options

If you would like to transition between the fitness center and the home fitness program at any time during the benefit year, you can **call Active&Fit customer service at 877- 771-2746**, Monday through Friday from 7 a.m. to 8 p.m. CST.

The transition from one program to another is simple.

Fitness Center to Home Fitness Program – you can select two kits, which will be mailed within ten days of enrollment.

Home Fitness to Fitness Center Program – You can select fitness center(s) and your membership will begin the day after you call.

Please Note: If you transition from the Home Fitness Program to the Fitness Center Program, you are not required to return the home fitness kit(s) to Active&Fit.



HMO plans underwritten by Network Health Plan. 2771-01-1019

