

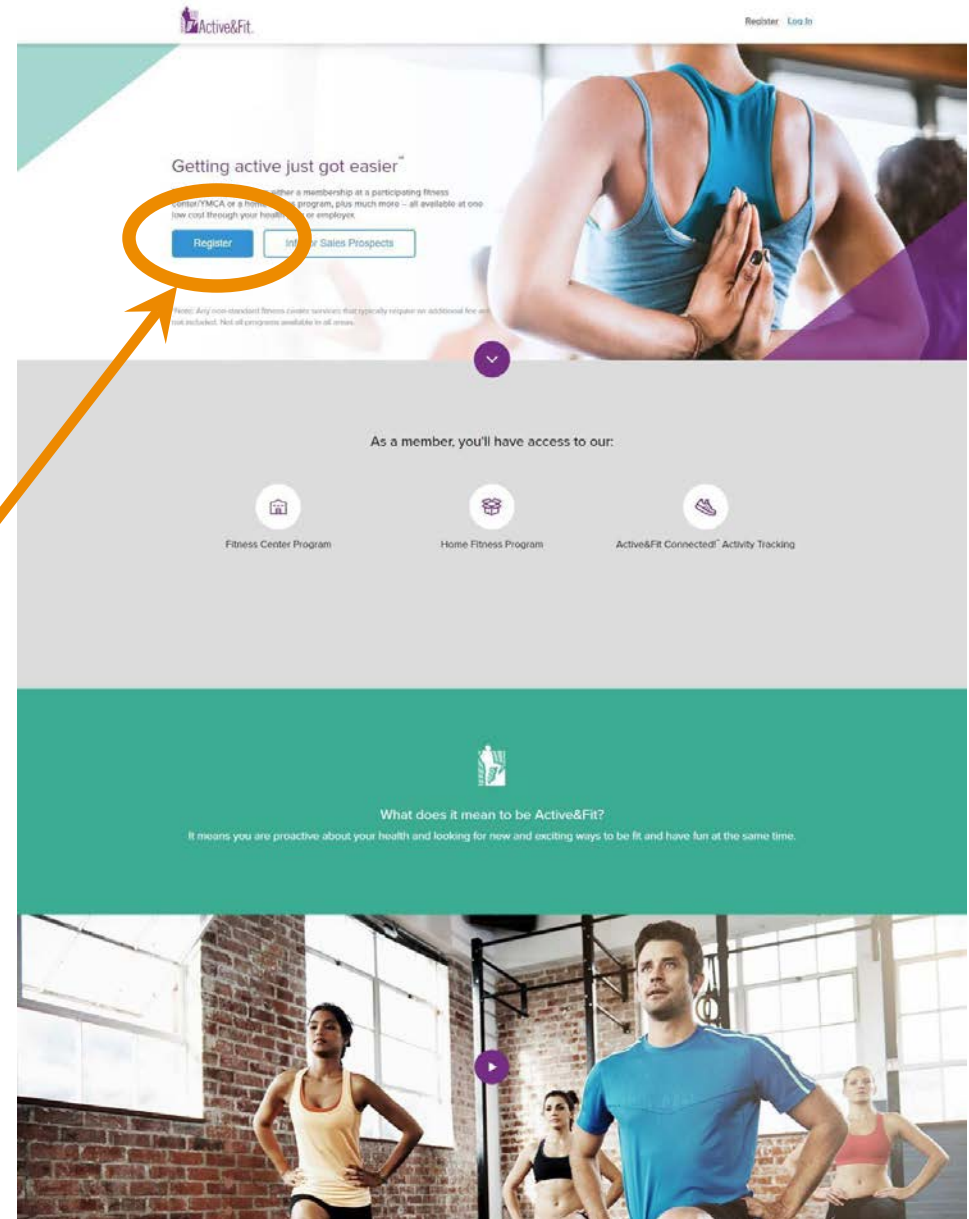


How to Use Your Network Health Essential Plan Home Fitness Program

This guide provides step-by-step instructions to sign up for the **Home Fitness 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](#).

Continue

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.

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

Continue

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: ! @ # \$ %)

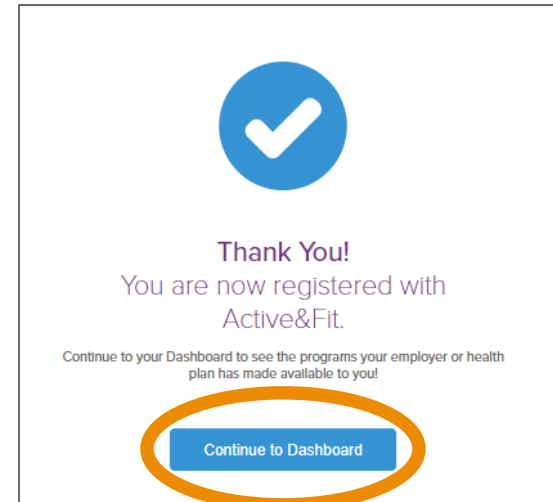
Confirm Password*

Security Question*

Security Answer*

*Required Fields

[Back](#)

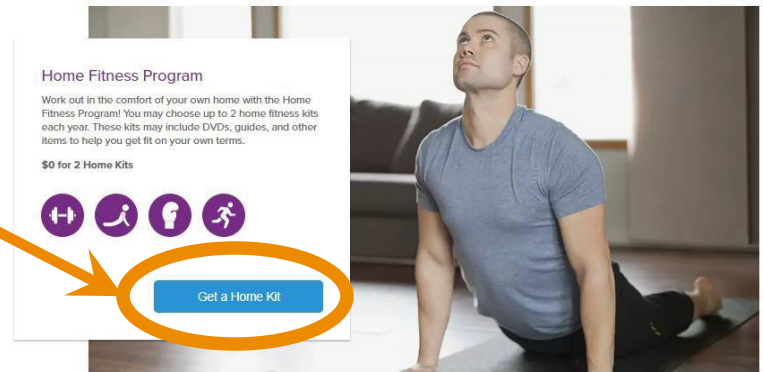
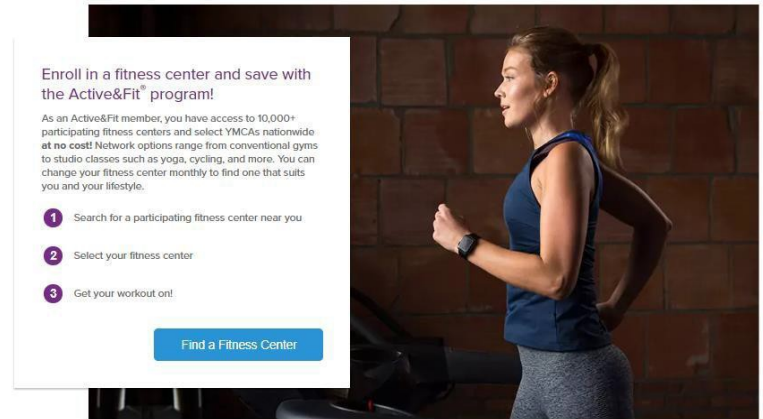
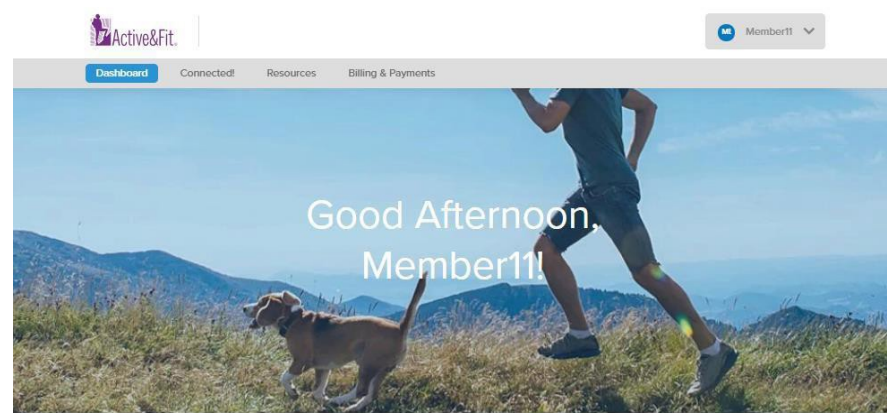
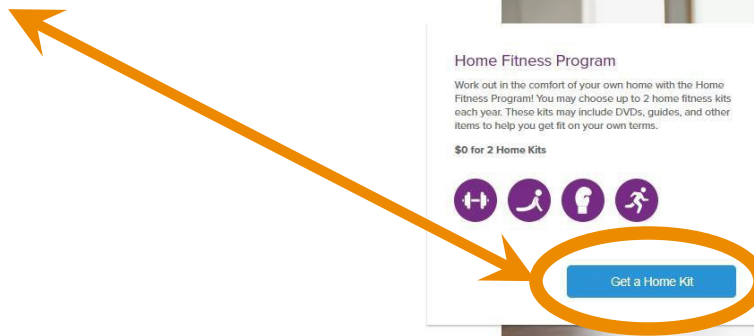


Your account registration is complete



Enroll in the Home Fitness Program

Select **Get a Home Kit**.



Select Your Kits

You can select from these home fitness kit options.

- Fitbit® Connected!
- Exercise
- Walking
- Yoga
- Pilates
- Aquatic Exercise
- Chair Boxing
- Chair Dancing
- Chair Dancing Celebration
- Chair Tai Chi
- Chair Yoga
- Diabetes Workout
- Chair Pilates
- Stress Management
- Tai Chi
- Tai Chi for Balance
- Chair Aerobics
- Exercises for the Bedridden and Physically Challenged
- Barre Fitness
- Barre Fitness for All Levels
- And more

Dashboard Connected! Resources Billing & Payments

Choose up to 2 Home Fitness Kits from the selections below. Your kits will arrive 10 days after you complete this process.

First Kit:

Aquatic Exercise Kit

Working out in water can get you fit in a gentle way. Get a jump (or dive!) on an aquatic routine with this kit that includes an instructional DVD, an informational booklet, and a Quick Start guide.

Athletic Conditioning Kit

This workout can help you add quickness, balance, and athletic agility to your fitness routine. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Barre Fitness for All Levels Kit

This ballet-inspired workout is suitable for all fitness levels and is designed so you can adapt the movements to be as easy or as tough as you need. It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Barre Fitness Kit

Cardio Blast Kit

Cardio Pump Kit

Second Kit:

Chair Dancing Kit

Get fit and have some fun in the process with this dance kit! It includes an instructional DVD, an informational booklet, and a Quick Start guide.

Chair Pilates Kit

Get fantastically fit using this kit, which includes an instructional DVD, an informational booklet, and a Quick Start guide.

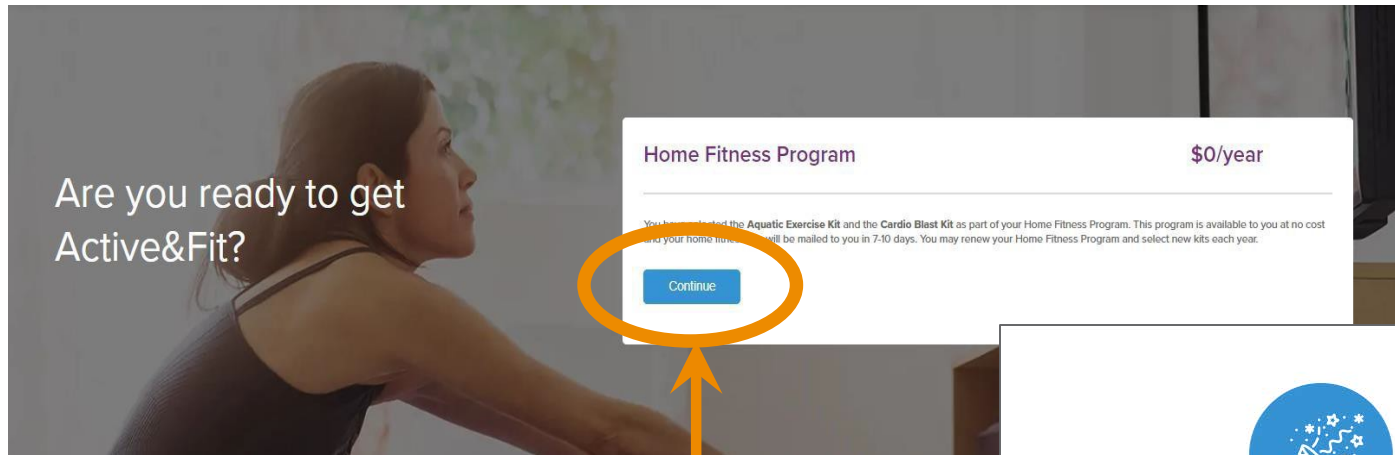
Chair Tai Chi Kit

This workout can help you relieve back pain, improve your posture, and reduce stress—and you never have to leave your chair! It includes an instructional DVD, an informational booklet, and a Quick Start guide.

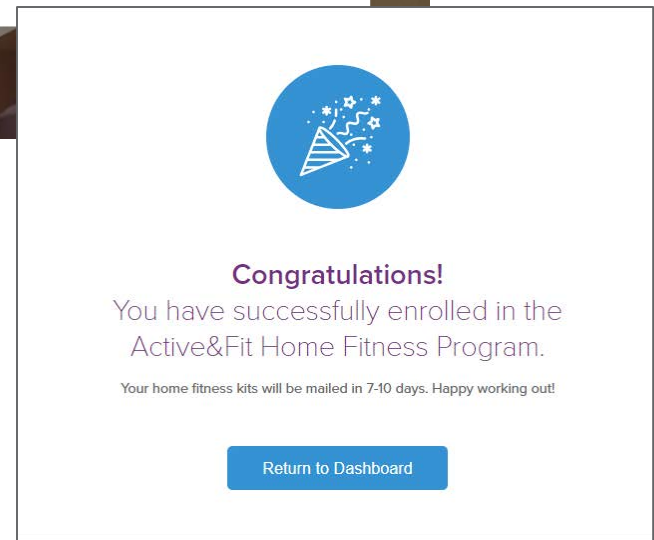
Choose your first and second home fitness kits.

Remember, these are the only two fitness kits you will receive for this benefit year.

Complete Home Fitness Program Enrollment



Confirm your selected kits by clicking **Continue**.



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. 2772-01-1019

