

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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