Active&Fit® | CareSource®

getting active just got easier™



CareSource Marketplace Dental, Vision and Fitness Plans include fitness benefits offered through the Active&Fit® program.

This program helps you stay active no matter where you live or where you like to work out, with no-cost memberships[1] at participating fitness centers and home fitness kits that are mailed directly to you.

Plus 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.

For more information, visit

CareSource.com

Questions? Call **1-844-539-1733 (TTY: 711)**

[1]Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program.



fitness centers

Get access to a network of participating fitness centers without paying membership fees.

Choose from select LA Fitness, Snap Fitness, Anytime Fitness®, and Planet Fitness centers—plus more!

home kits

Choose 1 Stay Fit kit and 2 Home Fitness kits each benefit year.[2]

Options include a wearable fitness tracker, yoga, Pilates, tai chi, bootcamp, and more.

connected

Stay on track with the Active&Fit Connected!™ tool.

It's an easy way to track activity using a wearable fitness tracker or app.[3]

online features

Access www.ActiveandFit.com, 24-7.

2,000+ workout videos, fitness center locator, quarterly newsletter, and more.

[2]Members cannot select the same Home Fitness kit twice in the same benefit year. Once selected, kits cannot be exchanged.

[3]Purchase of a wearable fitness tracker or app is not included in the Active&Fit program and will not be reimbursed.

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Talk to your doctor before you start or change your exercise routine.

The Active&Fit program is provided by American Specialty Health Fitness (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Your use of the Active&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program.

The Active&Fit program is only available to eligible members who select a CareSource Marketplace Dental, Vision and Fitness plan. Members must be 18 years of age or older to participate in the Active&Fit program. Availability of fitness centers is dependent upon the fitness centers being contracted within the Active&Fit network. You may be required to sign a separate membership agreement with the contracted fitness center prior to accessing the fitness center. Services may vary at each fitness center. Not all services offered by the fitness center may be included with fitness center enrollment and should be verified with the fitness center prior to enrollment. Other exclusions and limitations apply. Please contact CareSource or refer to the CareSource Marketplace Dental, Vision and Fitness Evidence of Coverage for complete details and more information at CareSource.com/marketplace.

CareSource complies with applicable state and federal civil rights laws and does not discriminate on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status.

Si usted o alguien a quien ayuda tienen preguntas sobre CareSource, tiene derecho a recibir esta información y ayuda en su propio idioma sin costo. Para hablar con un intérprete, llame al 1-877-806-9284 (TTY: 711).

如果您或者您在帮助的人对 CareSource 存有疑问，您有权 免费获得以您的语言提供的帮 助和信息。如果您需要与一 位翻译交谈，请致电 1-877-806-9284 (TTY: 711).

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