

# home or gym?

we'll keep you active either way.



2,500+ DIGITAL  
WORKOUT VIDEOS



11,000+ FITNESS CENTERS  
AND STUDIOS  
*Members can change anytime*



NO LONG-TERM  
CONTRACT

## Try us out for free!

1. Enjoy **200 free digital workout videos** available to all eligible members, even before you enroll.
2. Join us for a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!



**FITNESS PROGRAM MEMBERSHIP**

**\$25/mo\***

11,000+ FITNESS CENTERS  
2,500+ WORKOUT VIDEOS

Active&Fit<sup>®</sup>  
DIRECT

TM

**Get Started:** Log in to [www.upmchealthplan.com](http://www.upmchealthplan.com) > Menu > Better Health and Wellness > Health and Wellness Discounts, or [Click Here.](#)

Over 2,500 digital workout videos including programs from:



Over 11,000 fitness centers and studios nationwide including:



\*Plus applicable taxes.

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*Participants must be 18 years of age, be located in the United States, and have a valid email address. Participants must pay by credit card and are 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.*