



getting active
just got easier™

Welcome to the **Active&Fit**® program.

As an Active&Fit member, you can receive a fitness center membership at one of 11,000+ participating fitness centers.

Active&Fit members also get:

- Daily workout classes on Facebook Live, Monday – Friday, and anytime on YouTube
- The Active&Fit Connected!™ tool, a fun and easy way to track your activity**
- The Active&Fit quarterly digital newsletter
- And more!



Exclusions and Limitations

The following services are not offered:

- Services or supplies provided by any person, company, or provider other than a participating Active&Fit fitness center
- All education materials other than those produced for the Active&Fit program by American Specialty Health Incorporated
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids; vision support devices
- Program services or products for individuals other than the Active&Fit member
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it's recommended, prescribed, or supplied by a health care provider, fitness center, or program
- All listening devices including, but not limited to, audiotope and CD players
- Services for members with serious medical conditions for which Active&Fit services are not appropriate
- Fitness devices and applications that require a fee are not reimbursable by the Active&Fit program

Please make sure to talk with your doctor before starting or changing your exercise routine.

*Members cannot select the same home fitness kit twice in the same benefit year. Kit shipping times may vary. Once selected, kits cannot be exchanged.

**Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit program.

Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit program is provided by American Specialty Health Fitness, Inc., 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 and used with permission herein. Kits are subject to change. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program.

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AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call 1-800-408-7511 (TTY 1-800-570-1190), available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al 1-800-408-7511 (TTY 1-800-570-1190), línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

ភាសាខ្មែរ

សូមទាក់ទងសេវាកម្មប្រសិនបើល្អិតមិនស្រួលនឹងភាសាខ្មែរ ហៅលេខ 1-800-408-7511 (TTY 1-800-570-1190) រៀងរាល់ថ្ងៃ ២៤ ម៉ោង ៧ ថ្ងៃក្នុងមួយសប្តាហ៍។ មនុស្សម្នាក់នឹងជួយល្អិតល្អន់ល្អិតល្អន់។

Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi 1-800-408-7511 (TTY 1-800-570-1190), 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 1-800-408-7511 (TTY 1-800-570-1190)，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 1-800-408-7511 (TTY 1-800-570-1190)번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro 1-800-408-7511 (TTY 1-800-570-1190), disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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Any individual depicted is a model.

To learn more about the Active&Fit program, please visit www.ActiveandFit.com and explore the FAQs section located on the website.

If you prefer to speak with Customer Service, call toll-free 1.877.771.2746 (TTY: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.