



home or gym?

we'll keep you active either way.

Work out at home, a gym, or anywhere with access to 11,000+ fitness centers and 1,500+ digital workout videos for just \$25/mo.* No long-term contract.

How to get started:

1. Visit regence.com/advantages and click Activities & Fitness. Sign in to access the Active&Fit Direct™ website.
2. Click the button to Get Started, then choose Enroll Now.
3. After creating an account and agreeing to the terms, you'll be directed to the payment screen. Pay \$50 for your first 2 months, plus a \$25 enrollment fee.
4. Once enrolled, you can immediately access our complete library of 1,500+ digital workout videos. When you're ready to hit the gym, find a fitness center that's right for you by entering your ZIP code or City, State in the fitness center search box.
5. Print your fitness card or save it to your phone, and take it with you to your fitness center of choice. It's that easy!

Learn more at regence.com/advantages or ActiveandFitDirect.com.

*Plus applicable taxes

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