

The Active&Fit Direct™ program

Stay active and fit for less

Staying fit is important to your overall health and well-being. Joining a gym can help you add more physical activity to your day.

Join a gym for \$28 a month!

As a Moda Health or Delta Dental member, you have access to the Active&Fit Direct program. With memberships starting at \$28 a month, you can choose from over 12,200 participating gyms nationwide.

The program offers:

- A free guest pass to try out a gym before joining
- A robust online library of on-demand workout videos
- Access to online directory maps and a health club locator from any device
- Online tracking from a variety of wearable fitness devices, apps and exercise equipment

Ready to join?

Log in to your Member Dashboard account at modahealth.com.

1. Select the Fitness Tools tile on the homepage
2. Select Discounted Gym Membership

Members should contact their gym of choice before signing up to see if there are any additional membership conditions or requirements.

Initial enrollment in the standard network of gyms is \$84. This includes an enrollment fee and covers the first two months.

Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected.

A two-month commitment is required.

Applicable taxes may apply.

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