

# 23,000+ GYMS & STUDIOS

## Starting at \$28/Mo.



**\$0 Enrollment Fee<sup>1</sup> with code: GETMOVING**



### Find Your Perfect Gym

From your favorite neighborhood gyms to upscale yoga, Pilates, and boxing studios that elevate your routine, choose from thousands of options starting at \$28/mo.<sup>2</sup>

### No Long-Term Contracts

Memberships are month-to-month, so you never have to worry about being locked in.<sup>3</sup>

### 10% - 50% Off the Hottest Health and Fitness Brands

Get discounts on New Balance®, Adidas®, Garmin®, Fitbit®, and more—exclusively for you in the Active&Fit Direct™ Marketplace.<sup>4</sup>

### Personalized Guidance for Your Goals

1-on-1 wellness coaching to improve every aspect of your wellness through unlimited virtual sessions—fitness, nutrition, stress, sleep, even GLP-1 weight loss—at no extra cost.<sup>5</sup>

### Unlock Free Workout Videos

18,000+ on-demand exercise videos when you create a free account. From yoga and Pilates to strength, stretching, and HIIT, there's always a workout ready when you are.

**Get Started:** Log in to HMSA My Account on [hmsa.com](https://hmsa.com). Click on the **Well-being** tab and select the **Active&Fit** program. Click on the **Enroll Now** button and select **JOIN NOW**. Complete the registration to explore the array of fitness options.

**12,900+**  
Standard Gyms



**10,600+**  
Premium Gyms



<sup>1</sup>\$28 enrollment fee waived 6/1/26 12:01 a.m. - 8/31/26 11:59 p.m. PT. <sup>2</sup>Plus a \$28 program enrollment fee and applicable taxes. <sup>3</sup>An initial 2 month introductory period applies then participation is month-to-month. <sup>4</sup>Not all program sponsors offer Marketplace; vendors, products, and discounts are subject to change. <sup>5</sup>Active&Fit Direct and its coaches provide general information for educational purposes only and do not offer medical or pharmaceutical advice or diagnoses. For any medical or health concerns, consult a qualified healthcare professional.

The Active&Fit Direct program is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health Inc. American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

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