



## Break a Sweat Without Breaking the Bank™

As a Cigna customer, through the Cigna Healthy Rewards® program, you have access to the Active&Fit Direct™ program, which allows you to choose from 10,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

### The program offers:

- An online map and searchable directory for locations in your area
- The option to switch locations to make sure you find the right fit
- A free guest pass to try out a fitness center before enrolling (where available)
- An online, educational resource library

Log in to [myCigna.com](https://mycigna.com) > Discount Program – Healthy Rewards > Fitness & Mind/Body > Fitness Club and Equipment discounts > Learn More.

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**This is a discount program and is NOT insurance.** This program is separate from your medical plan benefits. You are required to pay the entire discounted charge. ASH is an independent company/entity and is solely responsible for the Active and Fit Direct program. ASH is not an affiliate of Cigna. Always consult your doctor prior to beginning a new exercise program. Your participation in this program may be subject to program terms and conditions and is at your sole risk.

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