

eat breathe dream fitness™

Whether you're ready to kick-start your routine—or just looking to level up—the Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

The program offers:

- Online directory maps and locator for fitness centers (available on any device)
- A free guest pass to try out a fitness center before enrolling (where available)
- The option to switch fitness centers to make sure you find the right fit
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

To learn more about the Active & Fit Direct program, log in to www.medcost.com and click on “Healthy & Whole.”

