



TAKING STEPS TO GOOD HEALTH: GYM & FITNESS OPTIONS FROM RMHP

We're committed to keeping our Members — your employees — and our communities healthy, so we offer Health & Wellness programs and tools, including discounted fitness facility access, through American Specialty Health Fitness.

Active&Fit Direct™

Available to All Commercial Adult Members

**Employee + Spouse
(and/or Adult Dependent)**

No Cost to Employers

Active&Fit Direct offers employees the opportunity to choose from more than 9,000+ participating fitness centers nationwide for \$25 per month, plus a \$25 initial enrollment fee and applicable taxes.* Employees will also have access to ActiveandFitDirect.com.

Program Offerings

- 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
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

Members can enroll in Active&Fit Direct through MyRMHP, the secure Member portal, at rmhp.org.

Active&Fit Program: Employees may only participate in either the fitness facility membership discount or the home fitness program.

*Members must agree to purchase a minimum of three months of membership.

**Membership includes standard fitness facility services. Any non-standard services that typically require an additional fee are not included in the membership.

Active&Fit Program®

Available to Enrolled Employees Only

Employee Only

\$4.00 Per Employee Per Month

Fitness Facility Membership Discount**

Employees can enjoy a discounted gym membership at participating facilities for only \$100 for an entire year. A list of these gyms can be found online at ActiveandFit.com. Upon enrollment, an employee may nominate a facility to the network if it does not already participate.

Home Fitness Options


With the Active&Fit® Home Fitness program for just \$10 per year, employees can get healthy at home by selecting two of 17 home exercise kits, including:

- Walking
- Yoga
- Pilates
- Aqua Exercise
- Tai Chi
- Stress Management
- And more!

Learn More About Rocky Mountain Health Plans

 Visit rmhp.org

 Email us at rmhpsales@rmhp.org

 Call 800-453-2981, option 1 to speak with a plan expert



ACTIVE&FIT PROGRAM[®] GROUP ENROLLMENT FORM

Company Name: _____

RMHP Group ID Number: _____

Wellness Program Contact Name: _____

Contact's Title: _____

Contact's Email Address: _____

Contact's Office Phone: _____

Broker Name: _____

Total number of eligible employees enrolling in group health plan: _____

Effective date of group health coverage: _____

