

Stay your healthiest with the Active&Fit® Program

It's a perk you won't want to miss.

What's in it for you?

At Kaiser Permanente, we want to make sure you get the most out of your coverage and your life. That's why we're offering you the option to join the Active&Fit program for less than \$9 a month.¹

With the Active&Fit program, you can access a network of more than 150 fitness centers across Colorado – making it easy to stay fit and achieve your health and fitness goals.

And with more than 8,400 fitness centers nationally, you can stay your healthiest when you travel, too.

Ready to get moving?

Just follow these simple steps:

1. After you've enrolled in a qualified Kaiser Permanente plan, visit kp.org/activeandfit or call 1-877-771-2746, from 6 a.m. to 7 p.m. MST, Monday through Friday, to sign up for the Active&Fit program.
2. Choose to join any Active&Fit participating fitness center and see how easy healthy can be.



¹ Active&Fit is available to members who are enrolled in qualifying Kaiser Permanente health plans purchased by their employer. Eligible members (age 16 and older) pay only \$100/per plan year for access to participating Colorado fitness centers. If an individual loses plan coverage or terminates membership with Active&Fit early, the one-time payment of \$100 (per eligible member) and/or any unused portion of the gym membership is not refundable. The Active&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit is a federally registered trademark of ASH and used with permission herein.

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