

# Eat, Breathe, Dream Fitness™

The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers and YMCAs nationwide. You can get a free guest pass to try out a fitness center before enrolling (where available), and you have the option to switch fitness centers to make sure you find the right fit.

## How to get started:

1. Log in to your AvMed account at **AvMed.org**, select **Services & Programs** then click **Wellness Programs**.
2. Find participating fitness centers and YMCAs in our national network by entering your ZIP code or City, State in the fitness center search box.
3. Once you find your preferred fitness center, click the button to Enroll Now.
4. You'll be directed to the payment screen; \$75 gets you started. Pay your \$25 enrollment fee, \$25 for the current month, and \$25 for the next month (plus applicable taxes).
5. Print your Active&Fit Direct fitness card or save it to your phone and take it with you to the fitness center you chose. It's that easy!



Embrace better health.®