



# BREAK A SWEAT WITHOUT BREAKING THE BANK™

Save big on a gym membership brought to you by the  
Active&Fit Direct™ program

Cigna customers can choose from **10,000+** participating fitness centers nationwide for **\$25** a month (plus a \$25 enrollment fee and applicable taxes).\*

Together, all the way.®



# JOINING IS EASY.

1. Visit [www.act.fit/cigna1](http://www.act.fit/cigna1)
2. Search for your preferred fitness center.
3. Click Enroll Now and pay your initial fees or download a guest pass (where available).

Or call **800.870.3470** and press **3** for assistance.

\* This is a discount program and is separate from your plan benefits or insurance coverage. You are responsible for all charges. Program features/availability are subject to change. Terms and conditions apply. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). ASH and its subsidiaries are solely responsible for this program and are not affiliated with Cigna. Always consult your doctor prior to beginning a new exercise program. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. The Cigna name, logo, and "Together, all the way." are service marks of Cigna Intellectual Property, Inc. Active&Fit Direct, Break A Sweat Without Breaking the Bank and the Active&Fit Direct logos are trademarks of ASH and used with permission herein.

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