



Active&Fit[®]

getting
active just
got **easier**[™]




CareSource[®]



CareSource Marketplace Dental, Vision and Fitness Plans include fitness benefits offered through the Active&Fit® program.

The Active&Fit program can put you on the path to a happier, healthier life through regular exercise.

This program gives members no-cost memberships* at participating fitness centers. Or select the Home Fitness program where wellness meets the comfort of your home. It's your choice!

For more information, visit
CareSource.com

Questions? Call 1-844-539-1733

**Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program.*



fitness centers

Get access to a network of participating fitness centers without paying membership fees.

Choose from select LA Fitness, Snap Fitness, Anytime Fitness, and Planet Fitness centers—plus more!



connected

Stay on track with the Active&Fit Connected!™ tool.

*It's an easy way to track activity using a wearable fitness device or app.***



online tools

Access helpful online tools, 24-7.

Fitness center locator, online classes, quarterly newsletter, and more.



home kits

Choose 2 Home Fitness Kits and work out at your convenience.

Topics include walking, yoga, tai chi, Pilates, total body workout, and many more.

***Purchase of a wearable fitness device or app is not included in the Active&Fit program and will not be reimbursed.*



Talk to your doctor before you start or change your exercise routine.

The Active&Fit program is provided by American Specialty Health Fitness (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Your use of the Active&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program.

The Active&Fit program is only available to eligible members who select a CareSource Marketplace Dental, Vision, and Fitness plan. Members must be 18 years of age or older to participate in the Active&Fit program. Availability of fitness centers is dependent upon the fitness centers being contracted within the Active&Fit network. You may be required to sign a separate membership agreement with the contracted fitness center prior to accessing the fitness center. Services may vary at each fitness center. Not all services offered by the fitness center may be included with fitness center enrollment and should be verified with the fitness center prior to enrollment. You may choose to either enroll in select fitness centers or choose two home fitness kits, but not both. Other exclusions and limitations apply. Please contact CareSource or refer to the CareSource Marketplace Dental, Vision, and Fitness Evidence of Coverage for complete details and more information at [CareSource.com/marketplace](https://www.caresource.com/marketplace).

CareSource complies with applicable state and federal civil rights laws and does not discriminate on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status.

Si usted o alguien a quien ayuda tienen preguntas sobre CareSource, tiene derecho a recibir esta información y ayuda en su propio idioma sin costo. Para hablar con un intérprete, llame al 1-877-806-9284 (TTY: 711).

如果您或者您在帮助的人对 CareSource 存有疑问，您有权 免费获得以您的语言提供的帮助和信息。如果您需要与一位翻译交谈，请致电 1-877-806-9284 (TTY: 711)。

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