



DON'T BREAK A SWEAT TRYING TO BREAK A SWEAT.

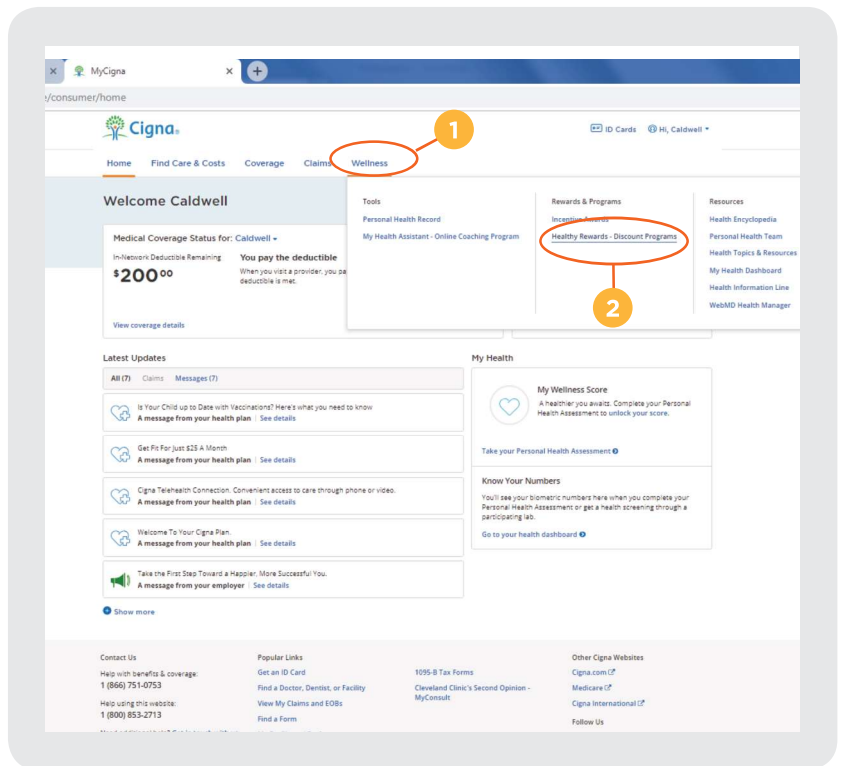
Simple steps to get to your fitness discounts.

Ready to work out? We'll make getting there the easy part.

As a Cigna customer, you have access to a bunch of discounts on health programs and services, including gym memberships, through the **Cigna Healthy Rewards®** program.*

Where can you find more information? Start by logging in to **myCigna.com** and then follow this guide.

- 1 From the menu choose **“Wellness.”**
- 2 Click on **“Healthy Rewards - Discount Programs.”**

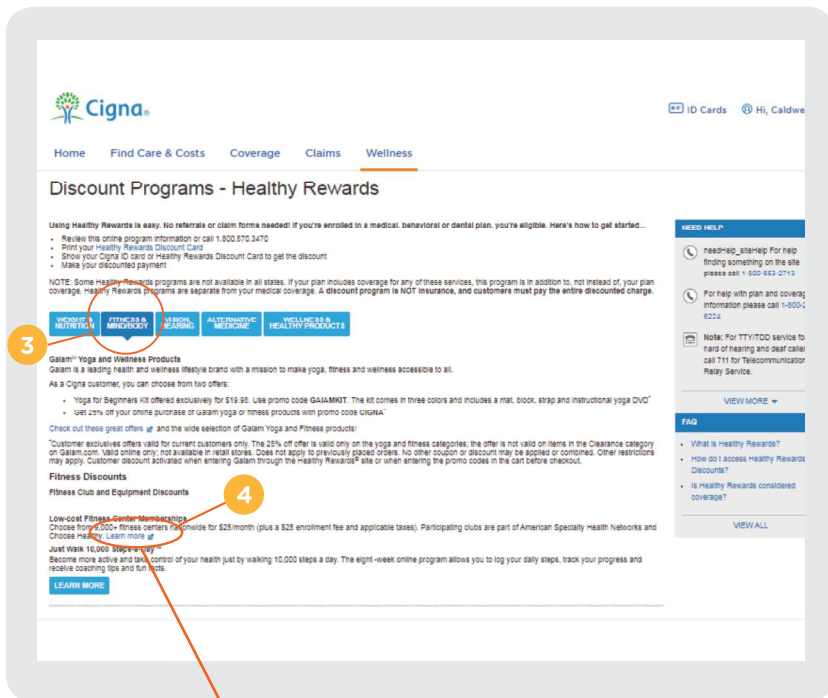
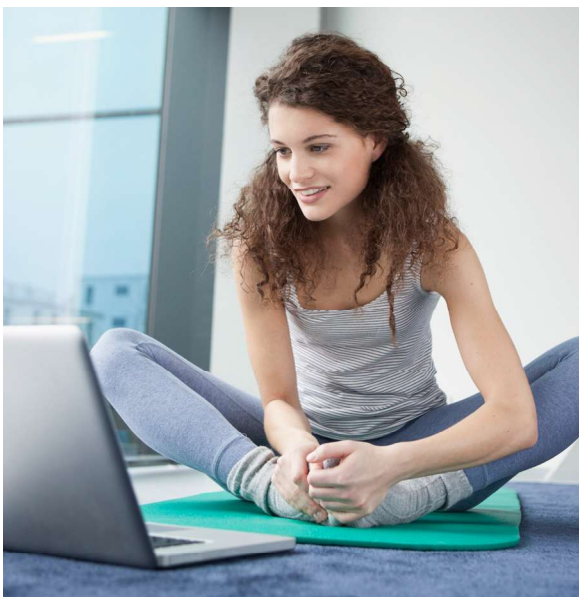


Together, all the way.®



3 Click on the blue tab > **“Fitness & Mind/Body.”**

4 Scroll down > **“Fitness Discounts”** > **“Low-cost Fitness Center Memberships”** > **“Learn More.”**



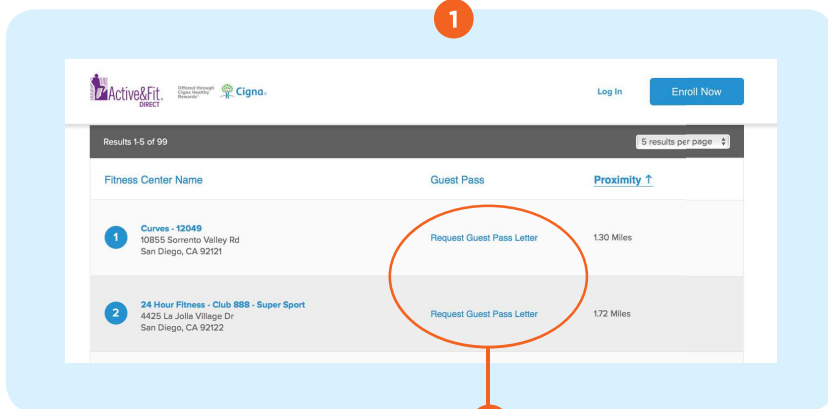
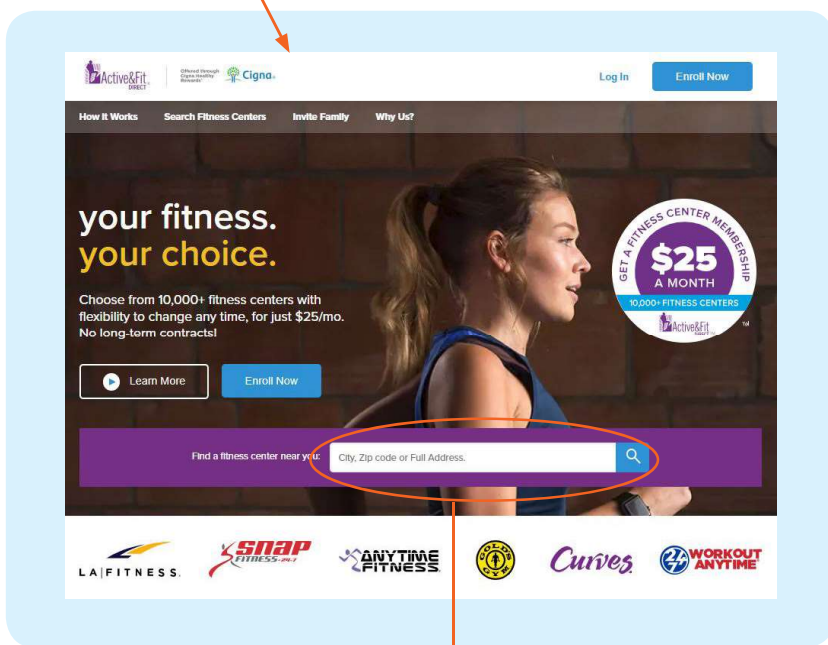
You're there!

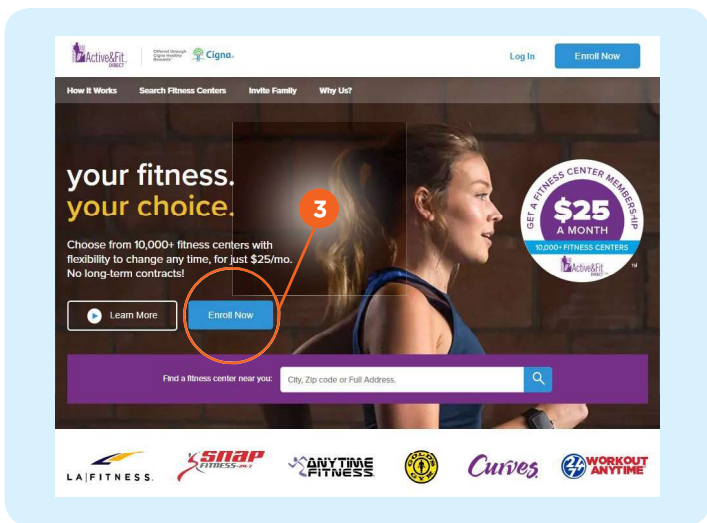
The updated **Active&Fit Direct™** page takes the heavy lifting out of finding a participating local fitness center or select YMCA and accessing your discounted membership. And did we mention that memberships are only **\$25 per month (plus a \$25 enrollment fee and applicable taxes)**.

From the home page, you can:

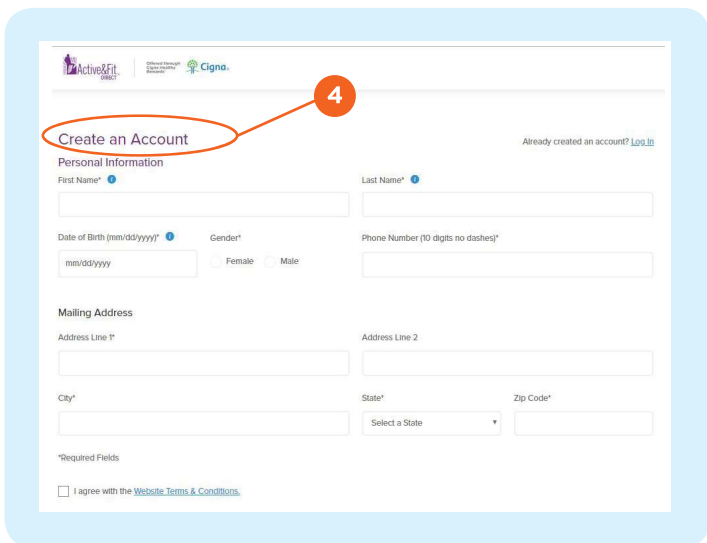
1 Find a participating local gym by your ZIP code or city/state, and get details on the facility.

2 Not ready to enroll? Click **“Request Guest Pass Letter”** in your search results, create an account and then print your guest pass.



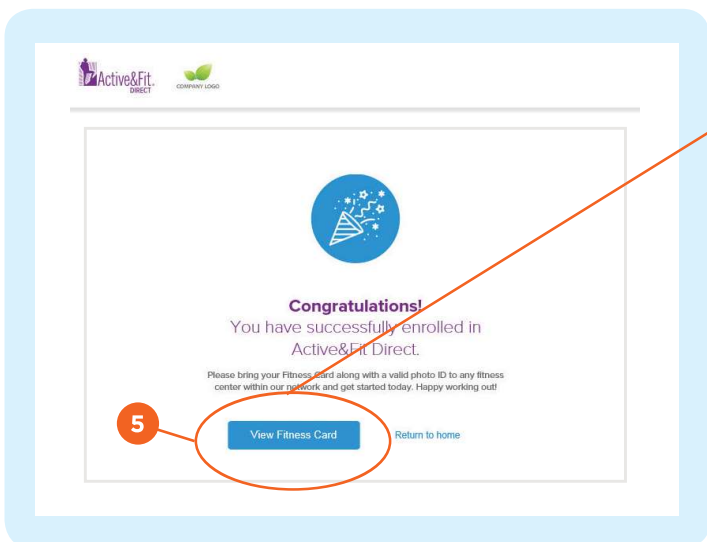
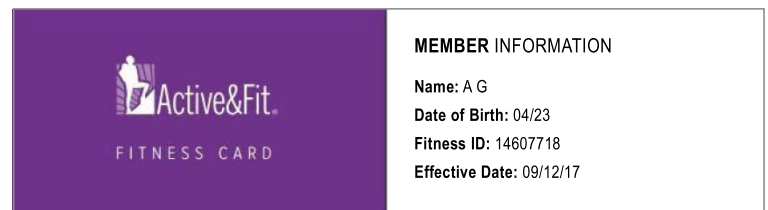


3 If you're ready to get your discounted membership, select **"Enroll Now."** You'll create an account if you didn't already, provide payment information and print your fitness card.



4 Enter both your personal and payment information.

5 Next, just click to view your card, print it out and take it with you to your new gym.



Go to myCigna.com to kick-start your health.



*** This is a discount program and is NOT insurance.** This program is separate from your plan benefits. You are required to pay the entire discounted charge. 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. Active&Fit Direct, the Eat Breathe Dream Fitness logo, and the Active&Fit Direct logos are trademarks of ASH and used with permission herein. Always consult your doctor prior to beginning a new exercise program. This program is separate from your medical plan benefits. You are required to pay the entire discounted charge. Always consult your doctor prior to beginning a new exercise program. Your participation in this program may be subject to program terms and conditions and is at your sole risk.

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