

Anthem Special Offers:

A *Active & Fit*
DIRECT™

Anthem. 



Active&Fit FAQs

<https://www.activeandfitdirect.com/faq#what-is-the-active-and-fit-direct-program>

What's include in the program?

The Active&Fit Direct program is a flexible, low-cost fitness program offered through American Specialty Health Fitness Inc, and includes a gym membership to your choice of 12,700+ standard gyms and/or 9,800+ premium exercise studios with discounts on enrollment fees and/or classes. Active&Fit Direct also offers the ability to switch gyms or cancel anytime with no long-term contracts. Once enrolled, you will have access to digital resources and classes on ActiveandFitDirect.com, as well as a variety of workout classes available anytime on YouTube and Facebook. You can track activity through the Active&Fit Direct Connected! tool, which aggregates data from over 250 wearable fitness trackers and apps. One-on-one well-being coaching is available on fitness, nutrition, stress, sleep, and more. Once enrolled, you can also enroll your spouse or domestic partner. (See SPOUSE/DOMESTIC PARTNER in the FAQ for more details.)

How much does it cost?

The Active&Fit Direct program offers a standard gym membership at \$28/month, and/or a premium membership with 20% - 70% discounts on most exercise studios. Fees may vary based on fitness center selection. When you enroll, you'll pay the 1-time enrollment fee, and the monthly fees for the current and second month of enrollment plus any applicable taxes. An enrollment fee (plus applicable taxes) will apply for each Premium location selected. Additional fees (plus applicable taxes) apply if enrolling your spouse or domestic partner.

Is there a mimuli period I must commit to?

Yes, there's a 2-month minimum enrollment period. After 2 months, participation is month-to-month.



IMPORTANT:

1. The site is not available on Sydney; you must log on using your web-based account at www.Anthem.com.
2. Select the “For Members” tile, then click “Log In”.

For Employers - For Producers - For Providers

Search Español

Anthem Insurance Plans - Member Support - Health & Wellness Resources -

Find Care Log In

Welcome New Members

Create your account to access live chat, find doctors in your plan, manage prescriptions, and review claims.

Create account

Already have an account? [Log in](#)

If you've enrolled in an Anthem Individual & Family plan, [pay your premium now](#) to activate your 2026 health coverage.

New member? [Register now](#), or download the [Sydney Health app](#) to access your benefits, ID card, pharmacy info, and more.

[Understand your care options](#) ahead of time so you can save time and money.

Our Plans

Individual & Family Plans Medicare Plans

Anthem Find Care Search Anthem.com

Individual & Family Medicare Medicaid Employers Producers Providers COVID-19 Info Español

For Members
Print ID cards, view claims, pay bills

For Employers
Manage your employees' benefits

For Producers
Find the tools to grow your business

For Providers
Request authorizations, submit claims, and access training

Return Shopper
Pick up where you left off

Please select your account type.

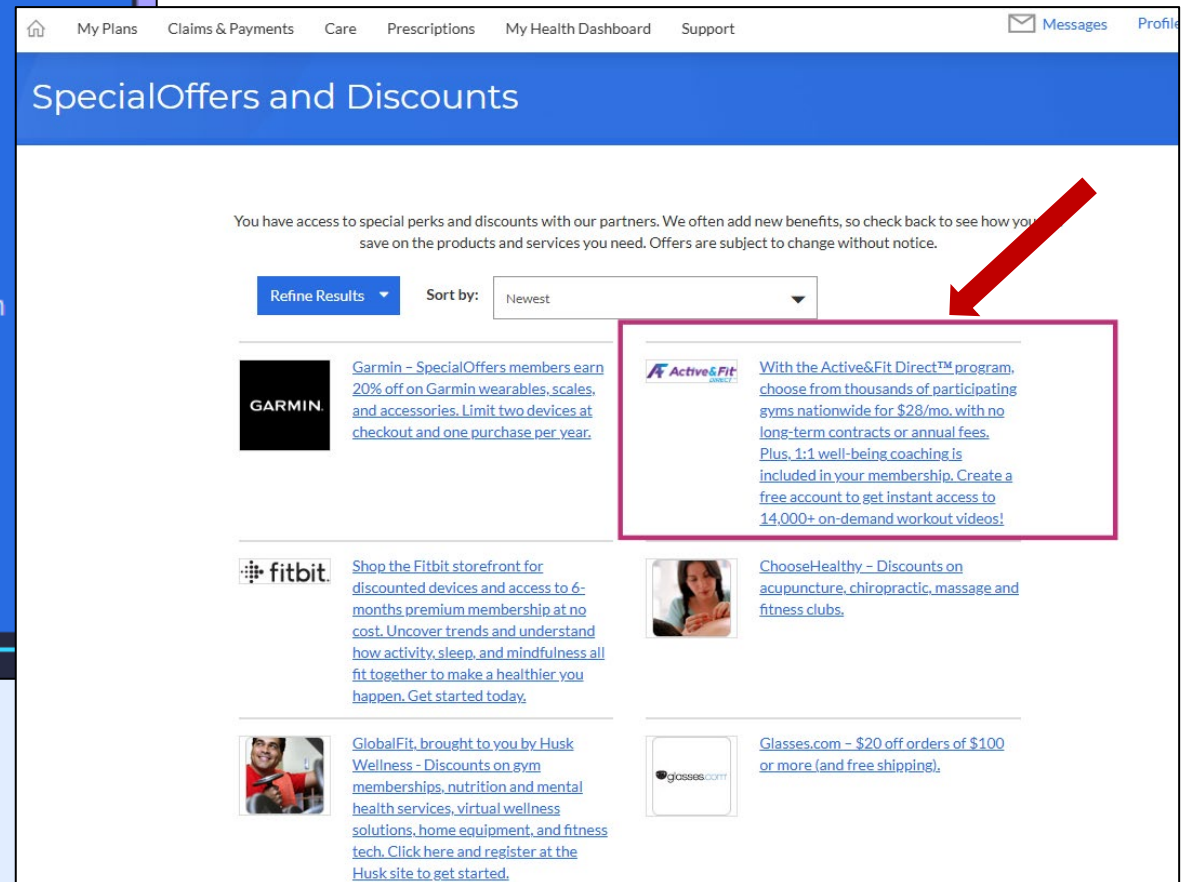
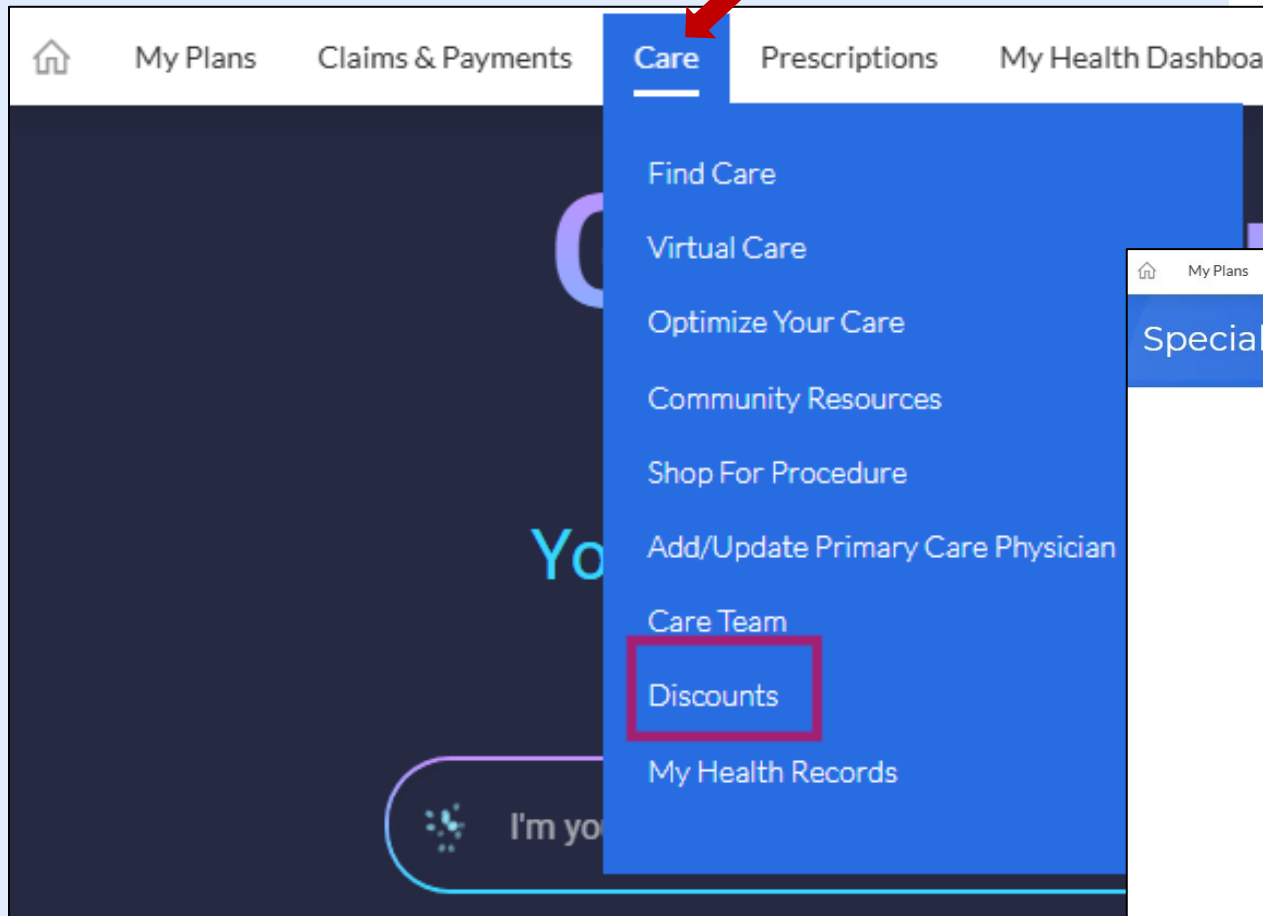
Medicare, Individual & Family, and Employer Group Plans Medicaid

Log In

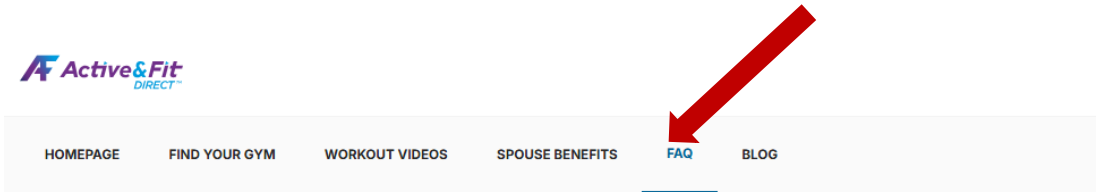
[Forgot Username or Password? >](#)

[Not signed up? Register now. >](#)

3. Once logged in, navigate to the “Care” tab, then scroll down to select “Discounts”.
4. Find the tile for “Active&Fit” and click there.



5. Use the tabs at the top of the Active&Fit page to learn more about the program.
6. The FAQs provide a deeper dive.



Frequently Asked Questions

ELIGIBILITY

- How do I know if I'm eligible to enroll? ✓
- Why isn't the Active&Fit Direct program offered to the public? ✓
- I'm enrolled but my employer (or association or health plan) offering the program will no longer be offering it; what do I need to do now? ✓

PAYMENT

- What will I be charged when I enroll? ✓
- How are enrollment fees charged? ✓
- When are my monthly payments due? ✓
- Do I ever have to pay a gym or studio directly for anything? ✓
- How do I read my invoice? ✓
- I received a promo code. How do I use it? ✓

ENROLLMENT

- How can I enroll? ✓
- I'm on the Active&Fit Direct website but I can't seem to enroll. What do I do? ✓
- I'm enrolled! When can I start using the gym or studio I selected? ✓
- What do I pay when enrolling into more than one gym? ✓
- If I am paying for two gyms and receiving the \$5 discount on my second gym, what happens if I cancel one? ✓
- What happens if I attend a gym that I haven't enrolled into through Active&Fit Direct? ✓
- Do I get an Active&Fit Direct fitness card? ✓
- Do I need to sign a long-term contract? ✓
- How do I cancel my membership? ✓
- Are there any fees or penalties if I terminate my membership? ✓
- Can I pause my membership and resume it later? ✓
- Do I have to be a certain age to enroll? ✓
- Do unused classes or sessions roll over to the next month? ✓

You can easily search for Gyms or Fitness Centers are in your area

Active & Fit DIRECT LOG IN JOIN NOW

HOME PAGE **FIND YOUR GYM** WORKOUT VIDEOS SPOUSE BENEFITS FAQ BLOG

Find a fitness center near you

Avon, IN

25 Results FILTERS

- Standard**
Our most popular program. For \$28/month (plus tax), join any standard fitness center from over 12,800+ nationwide. Change anytime.
- Premium**
Select from 10,200+ premium studios, facilities, and class packages nationwide for an additional cost, with discounts ranging from 20-70% off. Prices vary.

Standard
Anytime Fitness - Avon - Club 1960
1124 N State Road 267
Avon, IN 46123

Standard
Crunch - Avon
9030 Rockville Rd
Indianapolis, IN 46234

Standard
Planet Fitness - Plainfield
2437 E Main St Ste 150
Plainfield, IN 46168

12,700+ Standard Gyms

9,800+ Premium Gyms

LA FITNESS. CRUNCH 24 FITNESS E6S FITNESS ANYTIME FITNESS snap 24/7 fitness + More

STRETCH LAB FIT4MOM CLUB PILATES F5 TRAINING pure barre

Need more help?

The screenshot displays the Active & Fit Direct website. At the top left is the logo, and at the top right are 'LOGIN' and 'JOIN NOW' buttons. A navigation bar contains links for 'HOMEPAGE', 'FIND YOUR GYM', 'WORKOUT VIDEOS', 'SPOUSE BENEFITS', 'FAQ', and 'BLOG'. Below this is a hero image of a woman with a water bottle. A call-to-action box with a purple border contains the text: 'For more questions, please [visit our FAQ page](#) or chat with us!'. The footer includes 'A PRODUCT OF American Specialty Health.' with social media icons, a list of links (About Us, FAQ, Privacy Statement, Contact Us, Terms & Conditions, Site Map), a disclaimer about external links, and a 'Do Not Sell My Personal Information' link. A red arrow points to a chat icon in the bottom right corner.

Active & Fit
DIRECT™

LOGIN JOIN NOW

HOMEPAGE FIND YOUR GYM WORKOUT VIDEOS SPOUSE BENEFITS FAQ BLOG

For more questions, please [visit our FAQ page](#) or chat with us!

A PRODUCT OF
American Specialty Health.

f t v i

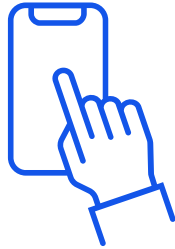
About Us FAQ Privacy Statement Contact Us
Terms & Conditions Site Map

Clicking on these links will take you away from Activeandfitdirect.com. Active&Fit Direct is not responsible for any content of external websites.

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Additional Anthem Resources



Sydney App:



Telephone:

**Medical Member
Services:
1-833-578-4441**



Online:

www.anthem.com

Thank you



Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. Life and disability products underwritten by The Standard a separate company that does not offer Blue branded products and services. The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of 1100 SW Sixth Avenue of Portland, Oregon, in all states except New York, where insurance products are offered by The Standard Life Insurance Company of New York of 360 Hamilton Avenue, Suite 210, White Plains, New York. Product features and availability vary by state and company and are solely the responsibility of each subsidiary. Each company is solely responsible for its own financial condition. Standard Insurance Company is licensed to solicit insurance business in all states except New York. The Standard Life Insurance Company of New York is licensed to solicit insurance business in only the state of New York. Virtual text and video visits powered by K Health. LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan. Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please text, chat or call 988 (Suicide and Crisis Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services. Crisis support is available if you or someone you know is having suicidal thoughts or behavior, is experiencing emotional distress, or is behaving in a way that could harm others. Call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to [988lifeline.org](https://www.988lifeline.org).

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