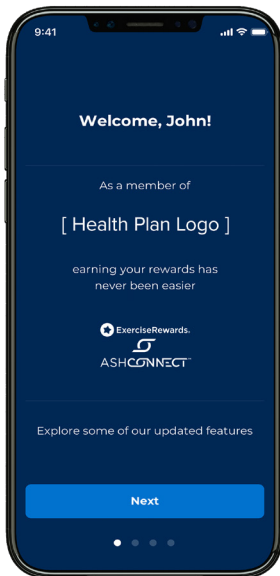


Tracking Your Fitness Center Visits Is Easy with the ASHConnect™ App.



If your favorite workout location isn't a participating fitness center, you can still take part in the rewards program through the ASHConnect app. You can quickly and easily locate fitness centers and track your physical activity at more than 43,000+ fitness centers nationwide to earn rewards. It's available at no cost in the Apple® App Store for iOS™ devices or from the Google Play™ store for Android™ phones. You must be enrolled in a qualified out-of-network fitness center with a membership agreement and current on your paid dues.

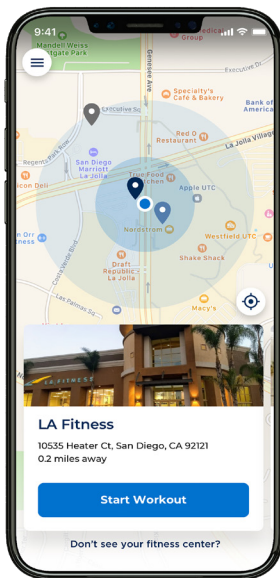
HERE'S HOW THE APP WORKS:

1. Use your name and date of birth to register on the app or log in using your ExerciseRewards™ username and password. To find a participating fitness center near you, open the app, and a list of fitness centers within 0.25 miles will appear. GPS must be enabled for the app to work correctly.

To receive credit for your visit, you must check out within the same GPS coordinates of the fitness center at which you checked in.

2. To track your workout, select your fitness center and tap "Start Workout." A timer will display on the app for reference.
3. Tap "End Workout" once your workout is complete. For a visit to count toward a rewards program, you must have a minimum of 30 minutes between checking in and checking out*. One workout counted per day.
4. To view previously tracked workouts, go to the menu and select "Workout History."

*Note: If you try to check out of the fitness center before a 30-minute time period, a notification will alert you that you have not completed the full 30 minutes. If you decide to continue to check out prior to the 30 minutes, the workout will display as a grayed-out line item on your account page and will not count toward a rewards program.



DOWNLOAD TODAY

The ASHConnect app makes tracking fitness center visits simple. Better health and more choices, all at your fingertips.

Questions? Email FitnessService@ashn.com.

