

# Track Your Fitness Center Visits on the Active&Fit Enterprise™ Website

If you use the **ASHConnect™ app** to check into a qualifying fitness center to earn applicable rewards, please note that the ASHConnect app will no longer be available after December 31, 2023. The check-in feature is moving to the Active&Fit Enterprise website.

On or after January 1, 2024, simply use your phone to log in to your member account on **ActiveandFit.com** while at your qualifying fitness center to access the full website on your phone's browser. Locate fitness centers to track your physical activity at thousands of participating fitness centers nationwide to earn rewards.

If your favorite workout location isn't a participating fitness center, you can still take part in the rewards program. You must be enrolled in a qualifying\* out-of-network fitness center with a membership agreement and pay applicable dues. Qualifying out-of-network fitness centers will be available through the check-in feature once you are logged in.

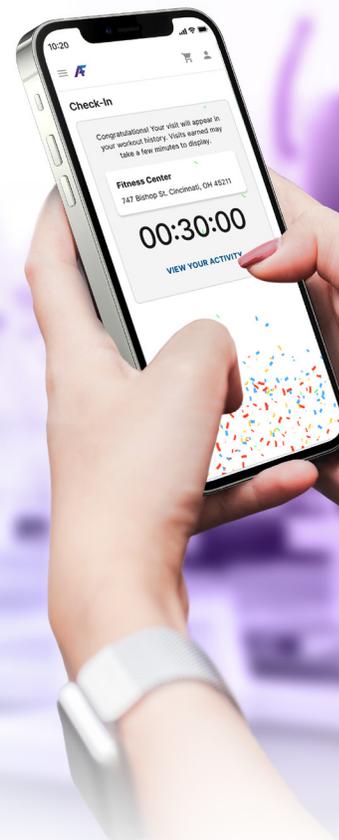
## Here's how it works:

- 1.** On or after January 1, 2024, log into **ActiveandFit.com** and go to the Check-In page. Enable location permissions on your mobile device. Your location will only be used while using this browser.
- 2.** Select your fitness center and tap **"Start Workout"**. You'll see a timer displayed.
- 3.** Tap **"End Workout"** once your workout is complete. For the visit to count, each workout should be at least 30 minutes (one fitness center visit per calendar day). If you check out of the fitness center before a 30-minute time period, your workout will not count toward your rewards program. If you forget to tap on Check Out while at the fitness center, the visit will not count toward your reward.
- 4.** View your visit and workout history on the Activity page.

If you prefer, you can manually track your fitness center visits and submit a Visit Submission Form found through your ActiveandFit.com member account.

## Questions?

Email [FitnessService@ashn.com](mailto:FitnessService@ashn.com).



\*For a fitness center to qualify, it must be in the 50 U.S. states or District of Columbia, offer regular cardiovascular, flexibility, and/or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, "step" classes, yoga, aquatics, etc.), must have staff oversight, and must offer a membership agreement.

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