

**HAP
IS HERE**

Enhancing your exercise experience

Get an Active&Fit Direct™ fitness membership for \$28/month.

HAP's Active&Fit Direct™ program makes it easy for you to get on the path to a happier, healthier life through regular exercise.

Choose from 12,200+ gyms. There are 9,700+ digital workout videos with well-known instructors from LES MILLS™, Jillian Michaels, YogaFit and many more. There's flexibility to change anytime, for just \$28/mo. (plus a \$28 enrollment fee and applicable taxes). No long-term contract!

You can join Active&Fit Direct in four easy steps.

1 ENROLL

1. Log in to **hap.org**. The only way to register is online
2. Click on **My Health & Wellbeing**, then **Active&Fit**
3. Complete the registration process to create your account

2 FIND

With 12,200+ participating standard fitness centers nationwide (more than 300 in Michigan), you can switch fitness centers anytime to find your perfect fit. Members can search the online directory for some of the nation's finest standard fitness centers in their area.

3 ENROLL

Each participant pays:

- \$28 enrollment fee (with an option to add a spouse in the same household)
- \$28 monthly fee for the current month
- \$28 for the next month
- Applicable taxes

Recurring \$28 monthly payments start the second month. Fees are per participant and paid directly to Active&Fit Direct.

4 ENJOY

Once you register, you can view your fitness card. Print or take a screenshot of the card and take it to the participating standard fitness center to get an access card to that center. If you're already a member of the fitness center, you need to freeze your current contract. You can work out as much or as little as you want. There's no minimum visits.

To learn how your HAP membership can save you money while keeping you healthy, visit **hap.org/member-discounts**.

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