

# eat breathe dream fitness™

Whether you're ready to kick-start your routine—or just looking to level up—the Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

#### The program offers:

- Online directory maps and locator for fitness centers (available on any device)
- The option to switch fitness centers to make sure you find the right fit
- A free guest pass to try out a fitness center before enrolling (where available)

To learn more, visit [www.upmchealthplan.com](http://www.upmchealthplan.com) (log in) > Rewards and Incentives > MyHealth Rewards > Active&Fit Direct



## **Nondiscrimination statement**

UPMC Health Plan<sup>1</sup> complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

<sup>1</sup>UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

### **Translation Services**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 1-800-361-2629).

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-855-869-7228 (TTY: 1-800-361-2629)。