

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 10,000+ 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)
- An online educational resource library
- The option to switch fitness centers to make sure you find the right fit
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

To learn more about Active&Fit Direct
Login or Register at [ExcellusBCBS.com](https://www.ExcellusBCBS.com)



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B-6769 / 12571-918M