



1:1 Well-Being Coaching

Included in Your Membership for No Additional Cost

Wherever you are on your health journey, the Active&Fit Direct™ program is here to help. Our well-being coaches work with you to **set healthy goals that lead to lasting lifestyle changes** and offer support along the way. You'll also get access to the Active&Fit Direct Resource Library, where you can find healthy living articles and self-care tools to support your coaching sessions and keep your goals on track.

Start a Fitness Routine

Eating Healthier

Losing Weight

Managing Stress

Sleeping Better

How to Get Started



Enroll in the Active&Fit Direct program through your company website link.



Log in and call the phone number at the bottom of your Dashboard to schedule a session.



Enjoy virtual sessions with your coach at your pace.

M966-371L 06/24 © 2024 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Standard fitness center and premium studio participation varies by location and is subject to change. Other restrictions apply based on the location of your selected fitness center. Digital workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), any future Annual Maintenance Fees, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.