



Stay active and fit for less

Staying fit is important to your overall health and well-being. Joining a fitness center can help you add more physical activity to your day.

Join a health club for just \$25 a month!

As a Moda Health or Delta Dental member, you have access to the Active&Fit Direct™ program. For just \$25 a month,* you can choose from over 9,000 participating health clubs and YMCAs nationwide.

The program offers:

- A free guest pass to try out a fitness center before joining
- An option to switch gyms to make sure you find the right fit
- Access to online directory maps and a health club locator from any device
- Online tracking from a variety of wearable fitness devices, apps and exercise equipment

Ready to join?

Log in to your myModa account at modahealth.com. Select the Active&Fit Direct program link (under myHealth) to get started. Members should contact their gym of choice before signing up to see if there are any additional membership conditions or requirements.

**Initial enrollment is \$75. This includes a sign-up fee and covers the first two months. A three-month commitment is required. Applicable taxes may apply.*



Delta Dental of Oregon & Alaska

modahealth.com

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）