

June 2021

**TO: UHA Eligible Participants**  
Hawaii Teamsters Health and Welfare Trust

**FROM:** Board of Trustees

**SUBJECT: ACTIVE AND FIT PROGRAM**

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We are pleased to inform you that as an eligible participant with UHA Health Insurance, effective July 1, 2021, your benefits will include the Active & Fit Program.

You can receive a fitness center membership at a participating fitness center for as low as \$10 each month.

Enclosed is the Active & Fit leaflet for your use. To learn more about the Active & Fit program, please visit [www.ActiveandFit.com](http://www.ActiveandFit.com) or contact their customer service toll-free at (877) 771-2746; Monday through Friday between the hours of 9:00 AM and 5:00 PM (HST).

# getting active just got easier™



## Welcome to the Active&Fit® program.

As an Active&Fit member, you can receive a fitness center membership at a participating fitness center for as low as \$10 each month. You can buy up into our expanded network of fitness centers, which includes a wide range of locations and services. Monthly fees vary depending on the fitness center you choose.

You can also choose 1 Stay Fit kit and up to 2 home fitness kits each program year by paying a nonrefundable annual member fee of \$10.\* Kits are mailed directly to you!

Active&Fit members also get:

- 2,000+ digital workout videos on the Active&Fit website
- A variety of workout classes available anytime on YouTube and Facebook led by a certified instructor
- One-on-one Healthy Living lifestyle coaching sessions by phone
- The Active&Fit Connected!™ tool, a fun and easy way to track your activity\*\*
- The Active&Fit quarterly digital newsletter
- And more!

To learn more about the Active&Fit program, please visit [www.ActiveandFit.com](http://www.ActiveandFit.com) and explore the FAQs section located on the website.

If you prefer to speak with Customer Service, call toll-free 1.877.771.2746, Monday through Friday, 9 a.m. to 5 p.m. Hawaii time.

## Exclusions and Limitations

The following services are not offered:

- Services or supplies provided by any person, company, or provider other than a participating Active&Fit fitness center
- All education materials other than those produced for the Active&Fit program by American Specialty Health Incorporated
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids; vision support devices
- Program services or products for individuals other than the Active&Fit member
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it's recommended, prescribed, or supplied by a health care provider, fitness center, or program
- All listening devices including, but not limited to, audiotape and CD players
- Services for members with serious medical conditions for which Active&Fit services are not appropriate
- Fitness devices and applications that require a fee are not reimbursable by the Active&Fit program

Please make sure to talk with your doctor before starting or changing your exercise routine.

\*Members cannot select the same home fitness kit twice in the same program year. Kit shipping times may vary. Once selected, kits cannot be exchanged.

\*\*Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit program.

Your use of the Active&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Active&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit members. Active&Fit, Getting active just got easier, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH. Kits are subject to change. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program.

This program is optional. Please check with your employer for coverage details.