



# The Active&Fit Direct™ Fitness Center Program

Members get discounted access to a broad network of participating fitness centers and YMCAs.

## Choose Standard or Premium

- Select the standard or premium fitness center option that best fits you.
- Stop or switch options any time.
- **Discounts range from 20% to 70%** on average.

## Freedom and flexibility

- 11,900+ fitness centers nationwide.
- Switch fitness centers to ensure you find the right fit.
- Find fitness centers with the web-based locator.
- Track your progress with the online fitness tracker.
- 8,700+ online workout videos—for home, work, or on-the-go.
- Receive 1:1 unlimited lifestyle coaching in areas such as fitness, nutrition, stress management, and sleep.

## Get started

1. Visit [PacificSource.com/ActiveAndFit](https://PacificSource.com/ActiveAndFit) for details. Or sign in at [InTouch, PacificSource.com/members](https://PacificSource.com/members) to register.
2. View and print your membership card.
3. Once the fitness center verifies your enrollment in the program, you will sign a standard membership agreement and receive a card or key tag from the fitness center to check in for future visits.

Note: Your participation is month-to-month after an initial three-month commitment.

## Free fitness center trial

- Many fitness centers/YMCAs offer guest passes.
- Request a guest-pass letter through the Active&Fit Direct website.
- Take the letter to the fitness center, where available.

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## Questions? We're happy to help

### Email

[CS@PacificSource.com](mailto:CS@PacificSource.com)

### Phone

888-977-9299

TTY: 711

We accept all relay calls.

En Español 866-281-1464

[PacificSource.com](https://PacificSource.com)

