

home or gym?

we'll keep you active either way.

Enrollment Fee Waived Through December 31, 2020

- Access **1,500+** digital workout videos so you can work out at home or on-the-go
- Receive **unlimited one-on-one lifestyle coaching** in areas such as fitness, nutrition, stress, and sleep
- Select from **11,000+** fitness centers and studios, with the ability to change anytime
- No long-term contract

NEW! Two ways to try fitness for free.

- ▶ Enjoy **200 free digital workout videos** available to all eligible members, even before you enroll.
- ▶ Join us for a variety of workout classes available anytime on YouTube and Facebook, designed for all levels!



Over 1,500 digital workout videos including programs from:



Over 11,000 fitness centers and studios nationwide including:



Get Started: Register or log in at www.healthnetoregon.com to access the Active&Fit Direct™ website.

*Plus applicable taxes.

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Chinese (Traditional)

注意：如果您說中文或粵語，您可獲得免費語言協助服務。請致電 1-888-802-7001 (TTY: 711)。

Spanish

ATENCIÓN: Si habla Español, tiene servicios de asistencia de idiomas sin costo disponibles para usted. Llame al 1-888-802-7001 (TTY: 711).