

# home or gym?

## we'll keep you active either way.



**2,500+ DIGITAL  
WORKOUT VIDEOS**



**11,000+ FITNESS CENTERS  
AND STUDIOS**

*Members can change anytime*



**NO LONG-TERM  
CONTRACT**

### Try us out for free!

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



**FITNESS PROGRAM MEMBERSHIP**

**\$25/mo\***

11,000+ FITNESS CENTERS  
2,500+ WORKOUT VIDEOS

Active&Fit<sup>®</sup>  
DIRECT

TM

**Get Started:** Visit the wellness offers on [mycigna.com](http://mycigna.com).

Over 2,500 digital workout videos including programs from:



Over 11,000 fitness centers and studios nationwide including:



\*Plus applicable taxes.

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