

Want to move more for less?



Have you heard the good news?

HMSA members can now use the Active&Fit Direct™ program to go to gyms at rates below market prices.

Getting started is as easy as 1-2-3:



1. On the hmsa.com homepage, click My Account Login.



2. Enroll with the Active&Fit Direct program under the Well-Being tab.



3. Choose the gym you want to go to and click on Join Now.

For more health and well-being discounts, scan the QR code or visit hmsa.com/well-being.



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Additional terms and conditions apply. The Active&Fit Direct program is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health, Inc. American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.



Active&Fit Direct FAQs



What's included in the Active&Fit Direct program?

The Active&Fit Direct™ program gives eligible members access to a large network of participating gyms throughout Hawaii and the Mainland at a cost under market prices. Additional member benefits include optional enrollment for their spouse or registered domestic partner; one-on-one well-being coaching on fitness, nutrition, stress, and sleep; online access to healthy living articles and videos; and no long-term contracts.

Who's eligible for Active&Fit Direct?

HMSA members who are 18 years or older are eligible.

Which gyms are in the Active&Fit Direct network?

There are over 12,500+ participating gyms and 8,500+ premium exercise studios nationwide in the Active&Fit Direct network. Go to hmsa.com to access My Account and find a gym near you.

How much does the Active&Fit Direct program cost?

HMSA members pay a \$28 enrollment fee, \$28 for the current month (regardless of the enrollment date), and \$28 for the next month plus applicable taxes when they enroll on My Account. Each month's fee is \$28 plus applicable taxes. After a two-month commitment, participation is on a month-to-month basis.

Can I pay a gym directly to participate in the Active&Fit Direct program?

No. HMSA members must pay their fees to Active&Fit Direct.

How do I start using the Active&Fit Direct program?

Once enrolled, you can print your fitness card or save it to your phone and take it to the Active&Fit Direct gym of your choice. After the gym confirms your enrollment, you may need to complete a membership agreement for them. The gym may give you a card or key tag for future visits.

Can I try a gym before enrolling?

Some gyms offer guest passes. Log in to My Account to request a guest pass from the gym you're interested in.

What if the gym I want to go to isn't in the Active&Fit Direct network?

You can nominate the gym to be added to the network. Provide the gym's name, address, and phone number on the Active&Fit website. The gym will be contacted for possible addition to the Active&Fit Direct network. You can check back periodically to see if your nominated gym has been added to the network.

What's Active&Fit Direct Connected!?

Active&Fit Direct Connected!™ is a tool that gathers data from wearable fitness devices and apps. After you've enrolled in the Active&Fit Direct program, choose an approved wearable fitness device to sync and track your activity. Please note that Active&Fit Direct does not reimburse members for wearable fitness devices.

How do I cancel my enrollment in Active&Fit Direct?

Log in to ActiveandFitDirect.com, and select Manage Memberships to cancel your membership. You can cancel your enrollment anytime on the Active&Fit Direct website. If you cancel your membership during your initial 2-month commitment, your enrollment will be terminated on the last day of the second month. Refer to the Program and Website Terms and Conditions for more information.

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