

# Allegiance<sup>SM</sup>

by Cigna Healthcare

## Did you know Allegiance helps you save on gym memberships?

Whether you are a regular in the gym or about to start your fitness journey, you'll find the perfect fit for your goals in our network.



- Powered by Active&Fit and Cigna
- 12,700+ fitness centers nationwide
- Change locations any time
- No long-term contracts

## Getting started is no sweat! Follow these steps to begin.

1 Log in at [myCigna.com](https://myCigna.com).

Customer Login

Username

Password [Show](#)

[Log In](#)

[Forgot Username](#) [Forgot Password](#)

[Haven't created an account yet?](#)

[Register](#)

[Regístrarse en Español](#)

2 Click on **Wellness**, then **Exercise**.

Find Care & Costs | Claims | Coverage | Prescriptions | **Wellness**

Wellness Home

Food

Stress

Sleep

**Exercise**

Weight

Prevention

3 Scroll down to the Health Rewards section. In the **Get fit with Active&Fit Direct**, click on **Start Savings**.

Healthy Rewards®

Discounts, rewards, and offers provided exclusively to you on your journey to total wellness. Print your [Healthy Rewards Discount Card](#)

**Get fit with Active&Fit Direct**

Discounted gym memberships and workout videos.

[Start Savings](#)

**Active&Fit DIRECT**

4 In the pop-up, check the box to acknowledge that you are about to visit another company's website, then click **Become a Gym Member**.

Break a Sweat Without Breaking the Bank

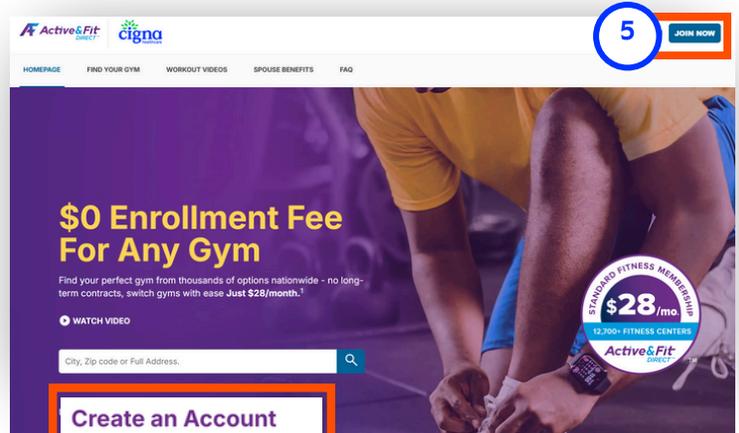
Starting at just \$28/month, Cigna customers can enjoy membership benefits that include:

- Find your perfect gym from 12,700+ options nationwide, including 24 Hour Fitness, EOS Fitness, Crunch Fitness, Anytime Fitness, Blink Fitness, Chuze Fitness, and more.
- Membership options for your spouse. No long-term contracts.
- FREE 12,000+ on-demand workout videos before you enroll. Just create an account.

You're about to leave this secure website. You'll be visiting another company's website and their terms and policies apply. Check the box to acknowledge.

[Become a Gym Member](#) [Cancel](#)

**5** The Active&Fit website will open. In the upper right corner, click on **JOIN NOW**.

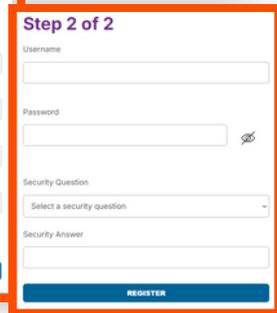
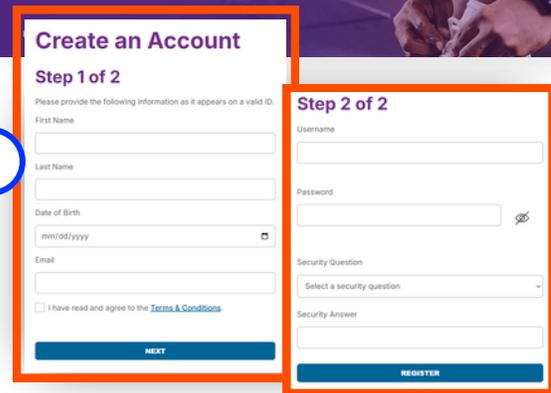


**6** Follow the steps to Create Your Account. Remember to verify your account through the email address you entered in this step.

**6**

Help us protect your account. Verify your email by clicking the link sent to

RESEND EMAIL UPDATE EMAIL ADDRESS



**7** Type your **City, Zip code or Full Address** in the field in the **Choose Your Favorite Gym** section. Then hit **Enter** or click on the **Search icon**.

**7**

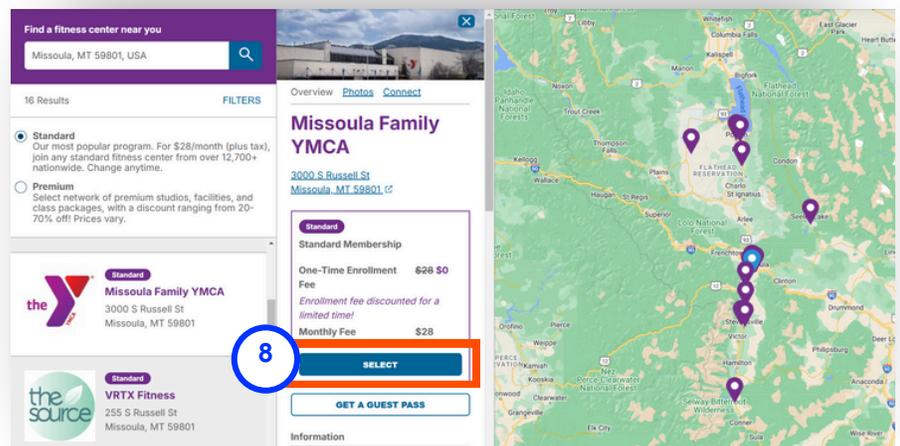
## Choose Your Favorite Gym

- 1 Select a gym for just \$28/mo. Switch gyms anytime, no long-term contracts!
- 2 Pay for the current month, next month, and a one-time enrollment fee (memberships are billed one month in advance).
- 3 Take your Active&Fit Direct™ Fitness Card to sign up at your selected gym. After enrolling in Active&Fit Direct, extend your membership benefits to your spouse/domestic partner for an additional fee.

City, Zip code or Full Address.

**8** Choose to search for a Standard or Premium facility and filter results through the **FILTERS** link. Click on the results for more details on each location. When ready, click on your preferred gym, then click **SELECT**.

Follow the prompts to select your new gym membership.



Review the **Terms and Conditions** for more detailed information about this program.