Active&Fit Direct™ program

Stay active and fit for less

Staying fit is important to your overall health and well-being. Joining a fitness center can help you add more physical activity to your day.

Join a health club for just $25 a month!

As a Moda Health or Delta Dental member, you have access to the Active&Fit Direct™ program. For just $25 a month,* you can choose from over 9,000 participating health clubs and YMCAs nationwide.

The program offers:
- A free guest pass to try out a fitness center before joining
- An option to switch gyms to make sure you find the right fit
- Access to online directory maps and a health club locator from any device
- Online tracking from a variety of wearable fitness devices, apps and exercise equipment

*Initial enrollment is $75. This includes a sign-up fee and covers the first two months. A three-month commitment is required. Applicable taxes may apply.

Ready to join?

Log in to your myModa account at modahealth.com. Select the Active&Fit Direct program link (under myHealth) to get started. Members should contact their gym of choice before signing up to see if there are any additional membership conditions or requirements.

modahealth.com

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意: 如果您說中文, 可得到免費語言幫助服務。請致電 1-877-605-3229 (聾啞人專用: 711)