



Wellness Solution for 2024: ActiveFit+ from Advanta Health Solutions!

Physical and mental fitness have never been more important, but the key to employee engagement and compliance with a wellness program is meeting your population where they are on the fitness continuum. Too many programs throw up barriers that make it difficult to participate — specific gyms, wearables, and other special equipment.

Advanta Health removes these types of barriers with solutions that can be done anytime, anywhere, and without special equipment or joining a gym. All it takes to get started is a quick download of our mobile app on your smartphone and a little motivation.

How Does it Work?

- + Walk/jog/run/swim/cycle and more, with or without a wearable device
- + Exercise at home with your own equipment
- + Visit any of the 30K+ US Fitness Facilities
- + Access virtual fitness programs (e.g. yoga, HIIT, Barre, Pilates, more)
- + Reduce anxiety and stress with a series of self-help mental fitness exercises
- + Improve and protect your MSK health with NEW prescriptive movement health workouts

What's the Investment?

- The ActiveFit+ Base program is now included for **ALL** members of the Southern Coastal!
- The Base program includes: Visiting an approved fitness facility, Walking 10,000 steps a day, OR Completing an at-home workout using the ActiveFit@Home feature.
- You may now use your wellness dollars to go toward the following Buy-Up options: Completing a Spot-It™ Mental Fitness exercise, Submitting a Movement Health (MSK) assessment, OR Complete a Virtual Fitness workout!

New for 2024!