

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 fitness centers at rates below market prices.

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



1. Log in to My Account on hmsa.com to find your discount.



2. Enroll with the Active&Fit Direct program.



3. Choose the fitness center you want to go to.

Want to see other health and well-being discounts that benefit you, your family, and your community? Go to hmsa.com to learn more.

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The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH.



Questions and answers for HMSA members



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

The Active&Fit Direct program gives eligible members access to a large network of participating fitness centers throughout Hawaii and the Mainland at a cost under market prices. Members also have access to online tools such as a fitness center search, activity tracking, and more.

Who's eligible for Active&Fit Direct?

HMSA members who are 18 years or older are eligible for the Active&Fit Direct program.

Which centers are included in the Active&Fit Direct network?

There are over 9,000 participating fitness centers nationwide in the Active&Fit Direct network. Please log in to My Account to find a center near you.

How much does the Active&Fit Direct program cost?

HMSA members pay a \$25 enrollment fee, \$25 for the current month (regardless of the enrollment date), and \$25 for the next month plus applicable taxes when they enroll on My Account. Each month's fee is \$25 plus applicable taxes. After a three-month commitment, participation is on a month-to-month basis.

Can I pay a fitness center directly to participate in the Active&Fit Direct Program?

No. HMSA members must pay their required fees directly to Active&Fit Direct. To complete your enrollment, please log in to My Account on hmsa.com.

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 facility of your choice. After the center confirms your enrollment, you may need to complete a membership agreement for the center. If applicable, the center will give you a card or key tag for future visits.

Can I try a fitness center before enrolling?

If you're interested in a fitness center but aren't ready to enroll, you can request a guest pass letter and take it to the fitness center specified on the letter. To request a guest pass, please log in to My Account on hmsa.com. However, please note that not all fitness centers offer guest passes.

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

If the fitness center isn't in the Active&Fit Direct network, you can nominate the center by providing the fitness center's name, address, and phone number on the Active&Fit website. The center will be contacted for possible addition to the Active&Fit Direct network. You can check back periodically to see if your nominated fitness center has been added to the network. You can also check out other health, well-being, and fitness discounts on hmsa.com.

What is the Active&Fit Connected!™ program?

The Active&Fit Connected! program is a tool that gathers activity data from wearable fitness devices and apps so that members can track their activity goals online. After you've enrolled in the Active&Fit Direct program, you can choose from a variety of approved wearable fitness devices and apps 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?

You can cancel your enrollment through the Active&Fit Direct website after the minimum three-month enrollment period. Member fees paid to the Active&Fit Direct program are refundable only in very limited circumstances. Please refer to the Program and Website Terms and Conditions on the Active&Fit Direct website for more information on canceling your enrollment and for restrictions on refunds.

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