



UHA Supports Small Businesses

Get the Active&Fit program for no additional cost.*

To help small business employers promote employee wellness, UHA now subsidizes* the entire employer premium of the Active&Fit program for our small employer groups.** Spread the word about UHA's fantastic added-value program to help your employees get healthier this year!

*Offer effective January 1, 2019 for all new small employer groups or existing UHA small employer groups starting from the employer's renewal plan year. Subject to change at anytime.

**Groups with 50 or fewer employees.

You choose!

With the Active&Fit program, you can get a membership at a participating fitness center for as low as \$10 per month. You also have the option to buy up into the expanded network of fitness centers, which includes a wide range of locations and services to meet your workout needs.

Choose A Fitness Center	Monthly Fee
Tier 1	\$10
Tier 2	\$59
Tier 3	\$89
Tier 4	\$119

Prefer To Work Out At Home?

Enroll in the Home Fitness program for an annual member fee of \$10 and choose up to 2 home fitness kits each benefit year.

Enroll today to get fit and stay healthy!