



#1 Health & Fitness Platform – all in one place. Use your credits to reserve classes, activate gym memberships and gain unlimited access to the best digital fitness & wellness content.

Get Started

1. Go to: fitonhealth.com/register
2. Enter your email & choose a password
3. Follow the instructions on the next screen to verify your eligibility and complete registration.

Please note that **sign up is not supported on the mobile app**. You must sign up through a web browser at fitonhealth.com/register.

Can't find your favorite facility? Share it with us so our team can add it.

Visit: fitonhealth.com/request

Plus so much more...



On-demand fitness and wellness classes



Nutrition programs with 500+ exclusive recipes



Step & workout challenges to help keep you motivated



Invite & workout with friends and co-workers

Get Active

After signing in, click the **Digital** tab to access unlimited on-demand workouts or tap on the **In-Person** tab to find a favorite gym or studio to select a membership or upcoming class.

For Classes or Day Passes

Choose the Date & Time for your class, select "Reserve Class" and then tap to confirm.

For Memberships

Signup for a membership by selecting "Purchase Membership", then tap to confirm.

After purchase please check your inbox for an email receipt and any additional instructions.

For Digital

Find exactly what you're in the mood for by browsing all our available options:

- **Genre:** cardio, strength, yoga, etc.
- **Length:** 5, 10, 15, 20, 30 or 45 min
- **Intensity:** low, medium or high
- **Trainer:** choose from 50+ experts
- Challenges, Experiences, and more!



Have Questions?

fitonhealth.com/help

support@fitonhealth.com

fitonhealth.com/members

Credits User Guide



What are Credits?

Credits can be used for gym memberships, fitness classes or other fitness services offered by FitOn Health, a fitness offering included in your benefits package.



Plus so much more...



Who pays for credits?

Either your health plan or your employer are paying for your credits. However, you have the opportunity to purchase additional credits.



Where can they be used?

Use your credits to reserve a fitness experience for any location or activity in the network.



Each month we deposit a set number of credits into your account which you'll use to pay for any fitness experience on our network.

For example:

- A class at your local yoga studio might cost 8 credits
- A monthly membership at your local gym with unlimited visits might cost 24 credits
- A monthly membership for digital fitness costs 3 credits



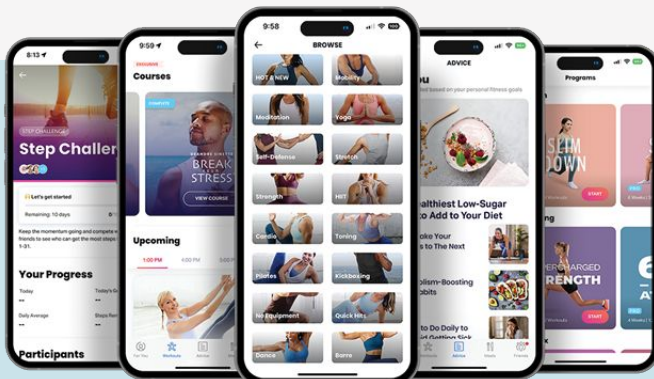
When they refill:

They don't roll over, but you get a new set of credits on the 1st of every month.



How to get more:

If you use all your sponsored credits, you can easily purchase more as needed.



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