The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers and YMCAs nationwide for $25 a month (plus a $25 enrollment fee and applicable taxes). To learn more, visit www.upmchealthplan.com (log in) > Featured Information.

The program offers:
- Online directory maps and locator for fitness centers (available on any device)
- A free guest pass to try out a fitness center before enrolling (where available)
- The option to switch fitness centers to make sure you find the right fit

To learn more, visit www.upmchealthplan.com (log in) > Featured Information.
Nondiscrimination statement

UPMC Health Plan1 complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

1UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

Translation Services

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228 （TTY：1-800-361-2629）。