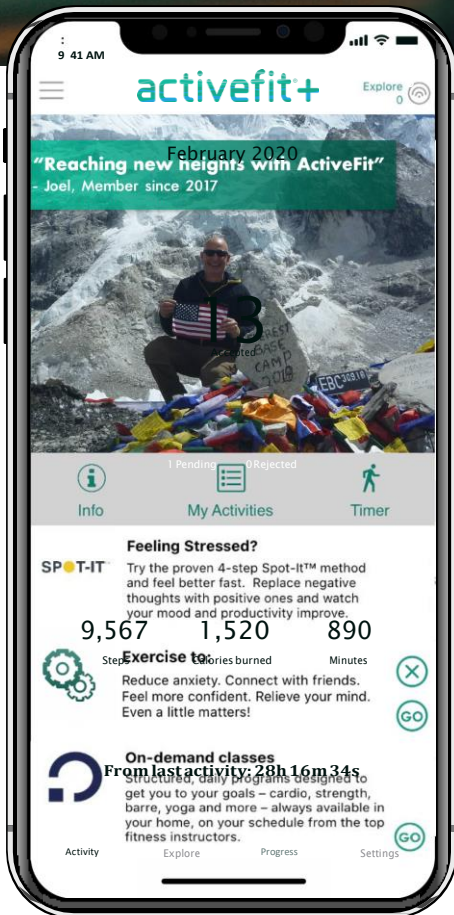


Wellness.



ActiveFit®+ helps you make your health and wellness a priority.

Welcome to ActiveFit+!

Now more than ever, physical activity can make a big difference in your mental and physical health. **Lower Township School District** wants to help you get and stay active. We are offering the ActiveFit+ wellness solution to encourage you to exercise 12 days or more per month. ActiveFit+ allows you to reach your wellness goals by:

- + Visiting an approved fitness facility
- + Walking 10,000 steps a day
- + Completing a Spot-It™ Mental Fitness exercise
- + Submitting an ActiveFit@home™ Workout
- + Complete an NeoU® workout!

Only one activity per day will count towards your monthly goal.

Participation in the program is easy and done through the ActiveFit+

mobile app which tracks gym visits, uploads steps, encourages home workouts, and validates physical activity.

Access the **ActiveFit®+Blog** for more information about mindfulness, recipes, work-out tips, and more. When ActiveFit+ is running, it imports your step count from a compatible wearable device or mobile app. ActiveFit+ can detect when you've entered a participating gym and log the visit toward your monthly wellness goal.

By enrolling in ActiveFit+, you will also receive a **free NeoU® membership!** NeoU provides digital access to hundreds of on-demand workouts including **Barre, Pilates, and Yoga**, and offers instructor-led live group fitness classes that you can attend from the comfort of your own home!

How to participate:

To enroll in ActiveFit+, simply visit **lowertwp.activefitplus.com/enroll** or call the Advanta Health Solutions member services team at 1-201-351-7850, ext. 2 to get started

Please note that only **Lower Township** employees are eligible for ActiveFit+ Your employee payroll # can be found on your paystub

We can't wait for you to start enjoying the wellness benefits of the ActiveFit+ program!

To enroll visit:

Lowertwp.activefitplus.com/enroll

