



**Active and fit is a new insurance benefit that we will be accepting starting January 1.**

Things to know... Prior to joining the YMCA:

1. Find the Active&Fit Direct section on your employer's, or health plan's website.
2. Look for a link to the Active&Fit Direct website where you can register. (possibly through an advantages and discounts link)
3. Sign up through that website and pay the fees.
4. Print out their Active&Fit Direct Fitness Card or save it to their phone.
5. Bring it to the Roseburg YMCA to sign up. (we are not able to enroll you without your Active&Fit Direct Fitness Card.) The card will have your name and Fitness ID number on it.
6. Each member will have their own card and will need to be on separate accounts.
7. This appears to be an adult only benefit. This insurance benefit might not be a cost effective option for you depending on your family size. Children must be on their own youth membership. If you are paying your insurance fee of \$25 a month per adult and have the additional spouse option that would be a \$50 monthly payment to Active&Fit plus they would pay \$30 for ea child. (IF it is just one adult and one child it would be \$25 to Active&Fit and \$30 to the Y so please take this into consideration prior to signing up with Active&Fit.)
8. Please note: If you cancel the Active&Fit Direct benefit payment with your insurance company but would like to continue your membership with the YMCA please notify the Membership Desk to update your billing. There will not be a joining fee if continuing membership with the Y.

If you have further questions please contact our Membership Desk or Membership Director Amber Gries, we would be happy to help you figure out what option would be best for you :

Email: [agries@ymcaofdouglascounty.org](mailto:agries@ymcaofdouglascounty.org)

Phone: 541.440.9622 ext 202

At this time we are only accepting **Active&Fit Direct**.  
We are not participating in Active&Fit Now.