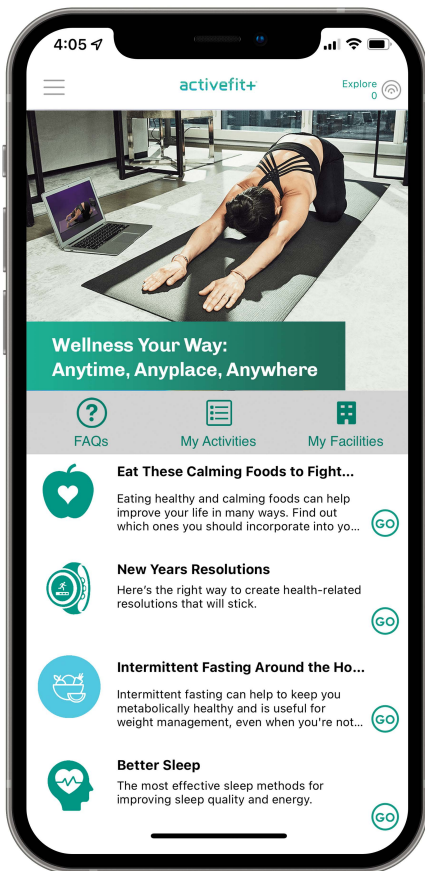


Wellness



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. **KenCrest** wants to help you get and stay active. Starting **12/15/2023**, 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 7,000 steps a day
- + Submitting an ActiveFit@Home™ Workout
- + Complete a Movement Health Assessment

How to participate

To enroll in ActiveFit+, simply visit <https://KenCrest.activefitplus.com/enroll> starting on **12/15/2023** or call the Advanta Health Solutions member services team at 1-201-351-7850, ext. 2 to get started. Or visit our FAQ's page [HERE](#)

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.

*Please note that only **KenCrest** employees age 18+ are eligible for ActiveFit

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

