

# Keeping physically fit



Regular physical activity can strengthen your body, improve your brain health, ease stress, help you manage your weight and reduce your chances of developing chronic health conditions. Many no-cost resources help you include fitness activities into your daily routine.

✓ **Physical wellness**

✓ **Emotional wellness**

Financial wellness



Medical experts say exercise is a “wonder drug,” as it can help prevent obesity, diabetes, stroke, heart disease and many types of cancer. It promotes better oxygen flow, blood volume, fat-burning, bone growth and more. It stimulates your immune system. It promotes good sleep. And it may even help you feel younger.

## Enjoy no-cost programs and resources

Choose from a range of **no-cost** fitness resources. Programs are available to all colleagues unless noted.

| Program                                       | Highlights   | Find more information or get started   |
|---|--|--|
| <b>Online live fitness classes</b>            | Work out anywhere with no-cost online classes led by the fitness team: stretch breaks, yoga, Pilates, low-impact cardio, bootcamp, core, strength training and more. | See <a href="#">BenefitMoments.com</a> > <b>My Wellness</b> > <b>Physical Health</b> for the class schedule        |
| <b>My Fitness</b>                             | Find no-cost self-guided programs for running/walking, resistance training, stretching and flexibility, and more.  | Visit the <a href="#">My Fitness</a> site for details (Company network/Office 365 access required)                 |
| <b>Wellhub (formerly Gympass)</b>             | Take advantage of free fitness apps, including options for workouts, yoga and other healthy habits.  | Download the Wellhub app from the App Store or Google Play, create your free account and choose the “Digital” plan |
| <b>Onsite fitness and well-being programs</b> | At some locations, access fitness centers and other onsite programs/events to stay fit and healthy.  | You’ll receive details if offered at your location   |
| <b>FitClub</b>                                | Join this Colleague Resource Group (CRG) to support you in pursuing your physical wellness.  | See <a href="#">Colleague Zone</a> for details   |

## Save on gym and fitness center memberships

All colleagues have access to discounts with:

- **Wellhub (formerly Gympass):** Work with leading experts in fitness, mindfulness, sleep, nutrition and more. Take advantage of free wellness apps through the no-cost “Digital” plan. Or explore other plans that give you access to top-rated gyms and a variety of fitness classes and coaches, all in one membership. Download the Wellhub app from the App Store or Google Play, create your free account and choose the plan that best fits your needs.
- **Active&Fit Direct™:** For a monthly fee, you get access to thousands of U.S. gyms, fitness centers and studios, with the flexibility to change locations any time. Plus, enjoy digital workout videos and virtual workout classes. Visit [CVSHealthBenefitExtras.com](https://CVSHealthBenefitExtras.com).

### Rather work out at home?

Consider options for help with your home gym:

- Use **Heart At Work® Recognition** points for items like yoga mats, weights, tracking devices, clothes and more.
- Find **discounts** on fitness equipment at [CVSHealthBenefitExtras.com](https://CVSHealthBenefitExtras.com).
- While not a discount program, with **Purchasing Power**, you can get fitness equipment now and pay for it over time from your paycheck. Visit [CVSHealth.PurchasingPower.com](https://CVSHealth.PurchasingPower.com). **Note:** Not available in Puerto Rico.

Before you purchase home exercise equipment, check out tips on the [My Fitness](#) site (company network/Office 365 access required).

## Connect with a coach for extra support

All colleagues have no-cost access to the weight loss program at MinuteClinic®, including one-on-one in-person coaching. This program focuses on easy-to-follow healthy choice recommendations to help you set goals, create an eating and physical activity plan and receive ongoing support. Spouses/partners enrolled in a CVS Health medical plan can also access this program at no added cost. Visit [CVS.com/MinuteClinic](https://CVS.com/MinuteClinic).

If enrolled in a CVS Health medical plan, you also have access to **Aetna Lifestyle and Condition Coaching**, at no added cost. This personalized coaching program can help you eat better, get more active and take charge of your health. Participate in one-on-one phone coaching, group coaching webinars or self-directed digital coaching. You also can get advice on lifestyle changes to manage a chronic condition. Learn more or get started from [Colleague Zone](#) > **My apps** or **My applications** > **View all** > **ActiveHealth**.

**Watching your weight?** See the **Maintaining a healthy weight** fact sheet in the Learning Library on [BenefitMoments.com](https://BenefitMoments.com).

### Know and use your resources



[BenefitMoments.com](https://BenefitMoments.com)



**Benefits help:** [ColleagueZone.CVS.com](https://ColleagueZone.CVS.com) or call the HR Service Center at 1-888-694-7287



If enrolled in a CVS Health medical plan through Aetna, **Aetna One® Advocate** can help you better understand your health benefits, find programs to manage stress or help with a condition. Call 1-800-558-0860.

*This summary provides a brief overview of benefits, primarily for colleagues regularly scheduled to work 30 hours or more per week, and is for informational purposes only. If there's any difference between this and plan documents, official plan documents govern. CVS Health reserves the right to amend, modify or terminate all or part of its benefit plans at any time. This description isn't an employment contract or guarantee. Colleagues may need to meet certain eligibility requirements to participate. Colleague contributions are not used to pay plan expenses for vendors or other service providers that are subsidiaries of CVS Health, except as may be permitted by ERISA. Union colleagues aren't covered unless their collective bargaining agreement specifically provides for a benefit.*