

>< Aaptiv



## Be your best

Whether you want to run your first 5K, lose weight, or sleep better, we have a program for you

Try it Now

Already a Member? [Log in](#)

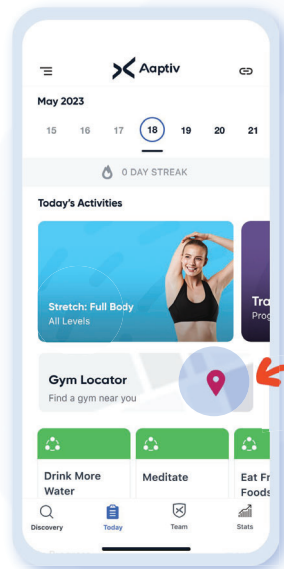
[Log in with your employer/benefits provider](#)



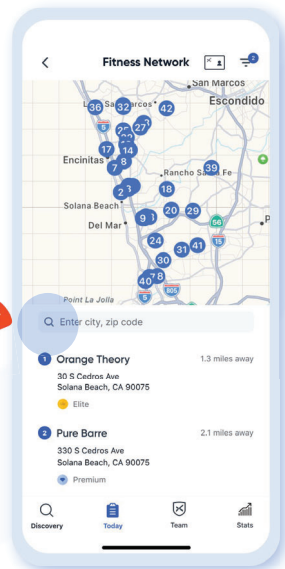
## To log into Aaptiv:

- 1 Select, **Log in** with your employer/benefits provider
- 2 Search **Personify Health** in the Employer/Fitness Center section
- 3 Use your **Personify Health** credentials to log in

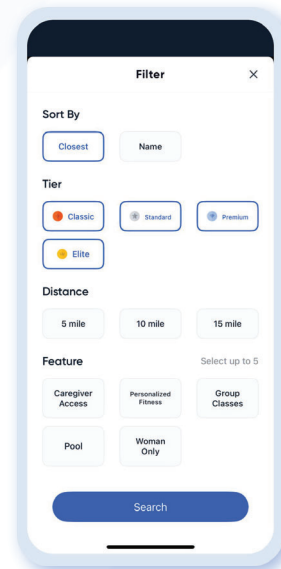
# How to access the fitness network in your app



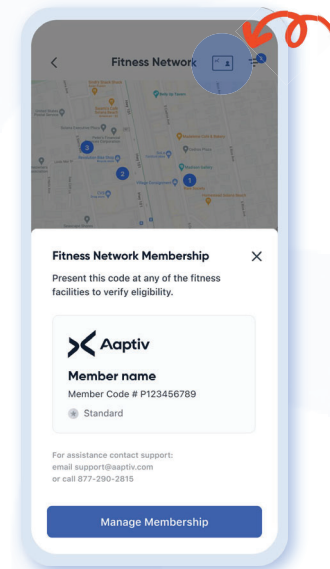
1. Click gym locator on the today screen.




2. Enter your zip code to search for nearby gyms.

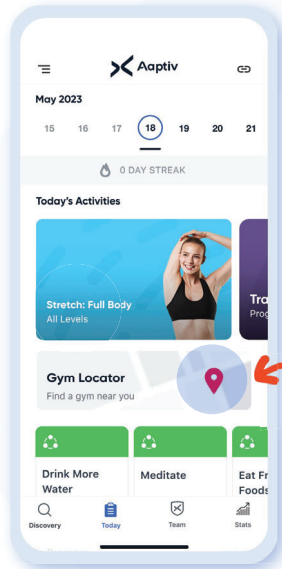


3. Optional: Filter by distance, class type, and more.

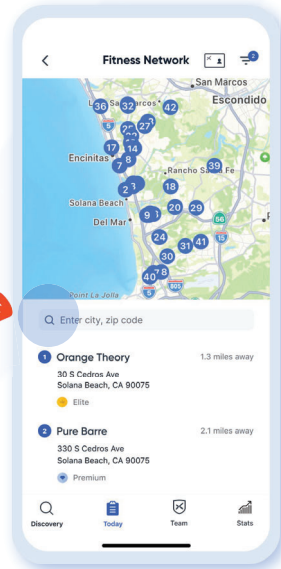


4. When visiting a gym, click the  icon to display your member code.

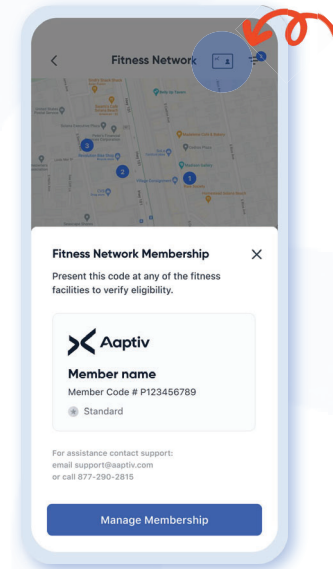
# How to upgrade your membership




1. Click the gym locator in the today screen

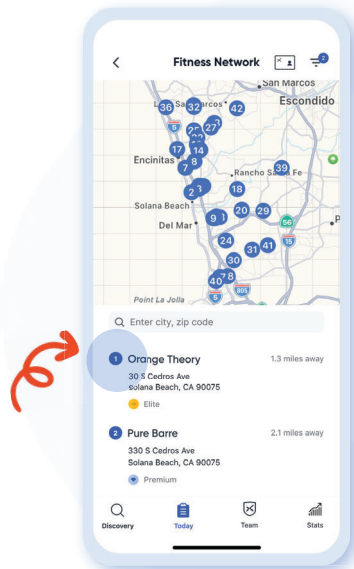


2. Enter your zip code to see which gyms are available in your area under each membership plan.

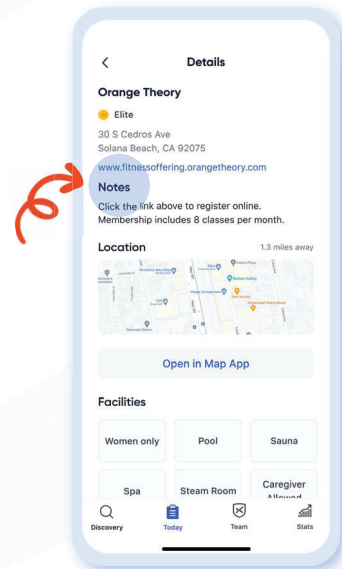


3. Determine which membership to upgrade to, then click on the  icon on the top left of the gym map screen and follow the prompts.

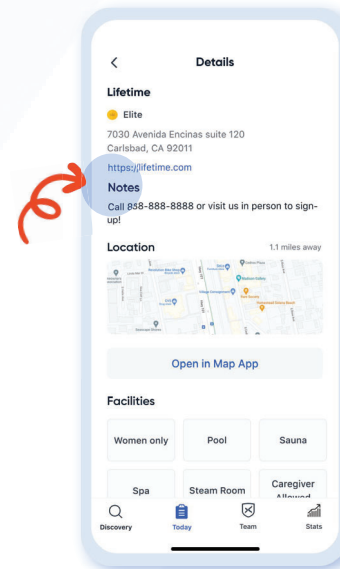
# How to visit a gym for the first time



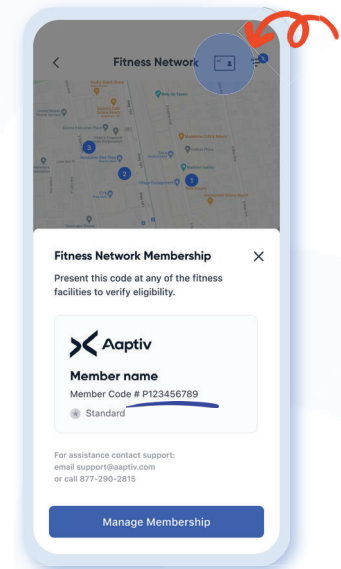
1. Click on a gym in your membership plan that you'd like to visit.




2. Follow the instructions in the gym's profile in the "Notes" section. Most gyms offer online sign-up.



3. If the gym you selected does not have online sign-up, you'll need to sign up in-person or over the phone.



4. All gyms will require your member code during sign-up, which can be found by clicking the  icon.

## Tips for when you go to a gym for the first time

- Make sure you reviewed the “Notes” for each gym for rules, waivers, and online sign-ups.
- If the registration person is unaware of Aaptiv, let them know you have “Aaptiv Access with Renew Active and One Pass” or that you have “One Pass.”
- For gym support contact Aaptiv customer service at [support@aaptiv.com](mailto:support@aaptiv.com)
- Your **Aaptiv member code** is also located under your profile.

