THREE STEPS TO GET STARTED:

1. **REGISTER**
   - Create your free account
   - Sign up with your primary work email address on the Gympass App or at gympass.com/us/usc-us. You will also need your 7-digit employee ID number.

2. **CHOOSE YOUR PLAN**
   - Find gyms and wellness partners
   - Select the plan that includes the options of interest to you.
   - Once activated, the gyms and partners available to you will be displayed when you are logged in.

3. **START USING GYMPASS**
   - Begin exploring the wellness options available
   - Access gyms and studios, sign up for a live class, download a wellness app, or book your first 1:1 virtual personal training session.
   - You can choose a different workout, location or digital offering every day!

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**HOW DO I SIGN UP MY DEPENDENTS?**

Once you activate your plan, click **Add a Dependent** on your homepage. Enter their information and they will receive a welcome email from Gympass.

**MY FAVORITE GYM ISN’T PART OF THE NETWORK. CAN YOU ADD IT?**

We take referrals! Our Gym Partnerships team is constantly working to grow our network. Submit your referral via your Gympass account by clicking on **Profile** and then **Refer a gym**. Fill out the required fields and we will update you if it’s added to our network.

**HOW DO I CHANGE OR CANCEL MY PLAN? IS THERE A CHARGE?**

There is no enrollment fee or minimum contract length. You can make changes to your plan at any time by logging into your account and following these easy steps: select **Profile > Plan Management > Change, Pause or Cancel Plan**. If you need assistance or have questions, go to the Help Center within the app to chat with a Gympass representative. The active plan at the time of cancellation will continue through the end of the monthly billing cycle.

**WHAT GYMS/STUDIOS ARE NEAR ME?**

Head to digital.gympass.com/usactivation to find the facilities near you available in each Gympass plan.

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**A single membership lets you access gyms and studios, live-streamed classes, personal training, wellness apps and an array of on-demand fitness content.**