Health & wellness discounts

AMA Member Benefits PLUS includes health and wellness discounts selected with you and your family in mind.

Gympass
View pricing options and sign up for Gympass (members only).

From Jan. 1-31, 2022, AMA members get a $25 Gympass credit* when newly enrolling in a plan.

Achieve your New Year's resolutions with help from Gympass. With a range of AMA member-exclusive plans starting at $14.99/month, build a better you with access to:

- 12,000+ gyms and studios nationwide, including Life Time, Barry’s Bootcamp, Snap Fitness and more.
- Live-streamed and on-demand virtual classes.
- 1-on-1 virtual personal training sessions with certified trainers.
- Apps supporting nutrition planning, guided workouts and more.
- Flexible access with no blackout restrictions, contracts, cancelation or initiation fees.

Learn more (members only) about AMA member-exclusive pricing plans and how to sign up. Terms and conditions apply.

*Valid for new and eligible individuals only. Offer valid 1/1/22 to 1/31/22 (11:59 pm EST). Void where prohibited. Gympass registration required to review subscription plans. $25 credit will be applied in February 2022 toward qualifying Gympass subscription.

Headspace

URL: https://www.ama-assn.org/member-benefits/personal-member-benefits-discounts/health-wellness-discounts
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Redeem your Headspace AMA member benefit (members only).

Headspace is the meditation and mindfulness app helping health care professionals live happier and healthier.

- Studies show it helps reduce stress and burnout in health professionals, while boosting happiness, compassion, resilience and satisfaction with life.
- Learn the life-changing skills of meditation and mindfulness in just a few minutes a day. Headspace has bite-sized meditations for busy schedules, SOS exercises for tough situations and hundreds of guided meditations on everything from stress to sleep.

Headspace is now the exclusive meditation provider of the AMA and AMA members get a 2-year subscription for free.
Learn more (members only) about how to redeem your AMA member benefit.

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