



Health & wellness discounts

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

Gympass



Gympass



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

Jumpstart your fitness journey with Gympass, the AMA's newest member benefit. Gympass is a well-being platform that offers you access to thousands of gyms, studios and virtual workout options, right at your fingertips. With a range of exclusively priced monthly plans starting at \$14.99, AMA members can access:

- | 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, cancellation or initiation fees.

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

Headspace



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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