



## Cascade Centers Employee Assistance Program (EAP) GlobalFit Fitness Center Network (fitness club discounts) Login Instructions

Through GlobalFit, employees and their families have below-retail access to gyms nationwide:

- 10,000+ locations in the U.S. and Canada, including local and regional chains.

Accessing the GlobalFit Fitness Center Network (discounts for gym memberships, weight loss programs and health coaching):

- Go to [www.cascadecenters.com](http://www.cascadecenters.com)
- Click on Member log-in. From here, you have the option to proceed as a *Returning User*, or you may register as a *New User*.
  - *Returning User*:
    - Enter your username and password to access your personalized page.
  - *New User*:
    - Click the *Register* button to access the registration screen.
    - Enter **city of portland** in the field titled *Company Name*. Create a username and password.
- Review the privacy statement and click the *Register* button if you agree to the terms of the privacy statement.
- Once logged-in, click on the *My Benefits* tab at the menu bar at the top of the screen.
- Click on the Personal Wellness tab located in the middle of the page and click on *Discounts*. This will take you to the Gym Membership Discounts page.
- Click on *Open in new window*. This will take you to the *GlobalFit* page.
- Click the red *Activate Your Benefit Now!!* button at the bottom of the page.
- Follow the instructions on the *GlobalFit* website to access discounts for Gyms & Exercise (including Personal Training and Virtual Gym), Weight Loss & Nutrition, and Health Coaching.

We hope you find the GlobalFit Fitness Center Network available through Cascade Centers Employee Assistance Program (EAP) to be a useful tool in achieving your personal wellness goals. For technical support, please contact Cascade Centers toll free at 1-800-433-2320.