

# Is it possible to opt-out of the active fitness assessment?

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Yes, a client can select not to complete the active fitness assessment component. Although skipping the fitness assessment will impact the associated fitness discount, the impact will be limited by the protection offered by the LifeReturns® Reassessment Protector. They can still perform the rest of the screening to enjoy discounts from other discount factors and benefit from the protection provided by the LifeReturns® Reassessment Protector.