

THE SILVER&FIT®

# EXERCISE & HEALTHY AGING PROGRAM:

>> SOMETHING FOR EVERYONE!™



## Did you know that as a Silver&Fit member you can go to fitness centers or YMCAs and not pay a thing?

It's true! Some have classes designed for older adults that you might like. They may also offer dance or yoga studios and/or swimming pools.\*

Don't want to go to a fitness center? No problem! You can enroll in the Home Fitness program and choose up to 2 home fitness kits each benefit year. These kits may include DVDs, guides, and other items to help you get fit on your own terms.

\*Services that call for an added fee are not part of the Silver&Fit program.

### All members can also get:

- » Healthy Aging classes 4 times a year (online or by mail)
- » *The Silver Slate*® newsletter 4 times a year (online, by email, or by mail)
- » The Silver&Fit Connected!™ program, a fun and easy way to track your exercise at a fitness center or through a wearable fitness device or app and earn rewards\*
- » Other web tools like a fitness center search, challenges, and online classes

\*Rewards subject to change; purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.



### Fitness Card

**Website:** [www.SilverandFit.com](http://www.SilverandFit.com)

**Silver&Fit Phone Number:** Toll-free  
1.877.427.4788 (TTY/TDD: 711)

**Hours:** Monday – Friday, 5 a.m. – 6 p.m.  
Pacific Time

### Member Information

**Member Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_  
(month/day)



## Get Started!

- 1 Go to [www.SilverandFit.com](http://www.SilverandFit.com).
- 2 Register to use the website.
- 3 Find a fitness center or YMCA, or sign up for the Home Fitness program.
- 4 Take your fitness card to the fitness center or YMCA.
- 5 If you prefer, you can call toll-free 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific Time to find a fitness center or YMCA near you or to enroll into the Home Fitness program.

Talk to your doctor before you start or change your exercise routine.

Your use of the Silver&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Something for Everyone, Silver&Fit, Silver&Fit Connected!, the Silver&Fit logo, and *The Silver Slate* are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information. Not all YMCAs participate in the network. Please check the searchable directory on the Silver&Fit website to see if your location participates in the program.

Senior Care Plus is an HMO plan with a Medicare contract. Enrollment in Senior Care Plus depends on contract renewal.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1-888-775-7003 (TTY users should call the State Relay Service at 711).

ATENCIÓN: Si usted habla español, tiene a su disposición servicios de asistencia de idiomas, sin cargo. Llame al 1-888-775-7003 (los usuarios de TTY deben llamar al Servicio estatal de retransmisión de mensajes al 711).

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### Fitness Center/YMCA Information

#### Customer Service:

1.877.427.4788 (TTY/TDD: 711)  
Monday – Friday, 5 a.m. to 6 p.m. Pacific Time

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH).

This Silver&Fit fitness card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card and photo ID must be shown when the Silver&Fit member is admitted into the fitness center or YMCA. This card is the property of ASH Fitness.