

The **Silver&Fit**[®] Healthy Aging and Exercise Program

2021 | Personalized fitness plans to keep you healthy



Join the **Silver&Fit**[®] Healthy Aging and Exercise Program

You don't have to be a lifelong athlete to be active as an older adult. The Silver&Fit[®] Healthy Aging and Exercise Program makes it easier for you to get fit and stay motivated – at no extra cost.^{1,2}

Get started in 3 simple steps



Step 1:

Enroll in our Medicare health plan

When you enroll in a Kaiser Permanente Medicare health plan, you're automatically eligible for the Silver&Fit program.¹



Step 2:

Choose your exercise program

Silver&Fit offers 2 types of exercise programs – see descriptions on the next page. Pick the one that's right for you based on how and where you like to work out – or choose both options for added flexibility.



Step 3:

Sign up

Register at **SilverandFit.com** or call **1-877-750-2746** (TTY **711**), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

Choose your exercise program



The Silver&Fit Home Fitness Program

If you enjoy working out at home or can't go to a fitness center, this option is for you.

Each calendar year you'll get up to 2 traditional kits, which may include an instructional DVD and printed guide, and one Stay Fit kit, which includes your choice of a FitBit® or Garmin® wearable device, yoga kit, or strength exercise kit.^{3,4} You also have access to online exercises classes, Signature Series Classes at silverandfit.com or join a live exercises class on the Silver&Fit Facebook page.



Fitness Center Membership

With this option, you can pick a fitness center or YMCA from Silver&Fit's broad network of participating locations.⁵

Where available, you can:

- Work out with cardiovascular and strength-training equipment
- Access special features such as saunas, pools, and whirlpools (where available).
- Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more²

Healthy extras

No matter which exercise program you choose, you'll have access to the following perks:

Resource library

Find answers to common questions about aging and take advantage of health tips and materials available at SilverandFit.com or by mail. Topics include:

- The aging process and your body
- Exercise and fitness
- Medical services
- Relaxation and meditation
- Social support and community involvement

Social activities

Join your fellow Silver&Fit members at community events where available. Or join them at a virtual fitness workout. Just download the Silver&Fit ASHConnect mobile app to access over 280 virtual fitness workouts so you can exercise when and where you want.

Newsletter

Get motivated with **The Silver Slate®**, a quarterly newsletter filled with wellness tips to keep you committed to healthy living. Get it by mail or email—or view it online.

Rewards program

With the Silver&Fit Connected!TM tool, you can use your smartphone or wearable fitness device to track your progress and earn rewards, including a Silver&Fit hat and collectible pins.^{3,4}



Contact us

Have questions?

We're here to help. Call Member Services today.

Hawaii: 1-800-805-2739 (TTY 711)

7 days a week, 8 a.m. to 8 p.m. Hawaii time

Mid-Atlantic States: 1-888-777-5536 (TTY 711)

7 days a week, 8 a.m. to 8 p.m. Eastern time

Northwest: 1-877-221-8221 (TTY 711)

7 days a week, 8 a.m. to 8 p.m. Pacific time

¹In the Maryland and the District of Columbia, Silver&Fit is not available to members with the following plans: Kaiser Permanente Medicare Advantage (HMO) Value Balt plan, Kaiser Permanente Medicare Advantage (HMO) Value MD plan, and Kaiser Permanente Medicare Advantage (HMO) Value DC plan.

²Classes at some fitness centers might require additional fees that aren't included in your membership.

³Available fitness kits are subject to change.

⁴Purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program. Rewards are subject to change.

⁵In Hawaii under the Four-Tier Fitness Center Network, tiers 2-4 are available at an additional cost to the member.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). The Silver&Fit program is available to current members of participating Kaiser Permanente Group Medicare health plans.

All programs and services are not available in all areas. Check the searchable directory on the Silver&Fit website to see if your location participates in the program. Silver&Fit, The Silver Slate, and Silver&Fit Connected! are trademarks of ASH and used here with their permission. Other names and logos may be trademarks of their respective owners.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.