



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

Get moving to help you live your healthiest life

Being physically active is one of the best things you can do to keep your health at its best. That's why Kaiser Permanente Medicare Advantage (HMO) health plans offer the Silver&Fit Program¹ – so you get what you need to exercise regularly at home and beyond. **All at no additional cost to you.**



Home Fitness Program

Home Fitness kits, choose up to 2 kits per benefit year.

Digital workout videos, with more than 1,500 videos available.

Daily workout videos, with a variety of classes Monday through Friday on Facebook Live and the Silver&Fit YouTube channel.

Stay Fit Kits, choose 1 of the following kits:

- Fitbit[®] or Garmin[®] wearable activity tracker
- Yoga kit including mat and hand towel
- Beginner, intermediate, or advanced strength kit with exercise bands and dumbbells



Fitness Center Program

Fitness center annual membership, with your choice from a large network of fitness centers, including select YMCAs.²

Signature series workout classes, available at participating locations.

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Healthy Aging Program

The Silver Slate® quarterly newsletter, covering the latest in healthy aging matters.

Healthy aging classes, available online and on DVD.

The Silver&Fit Connected!™ tool, to earn rewards for exercising.³

For more information about the Silver&Fit program



Call **1-877-750-2746**
(TTY WA Relay 711)

Monday through Friday,
5 a.m. to 6 p.m.

¹ The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit, Silver&Fit Connected!, and the *Silver Slate* are trademarks of ASH and used with permission herein. All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Other names or logos may be trademarks of their respective owners. Participating facilities and fitness chains may vary by location and are subject to change. Kits are subject to change.

² Although many YMCAs are part of the Silver&Fit basic network, the YMCAs of the Greater Seattle, Pierce, and Kitsap counties require premium network access. Premium network access is only available to members enrolled in Vital, Essential, and Optimal Medicare Advantage HMO plans, or in employer-sponsored group Medicare Advantage plans. New member initiation fees may apply for some premium fitness locations. Premium network access is not available on Anchor, Key, Harbor, Centennial, Columbia, and Basic plans.

³ Your use of the Silver&Fit Connected! tool 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. Rewards subject to change; purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.

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.