



# 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 include the Silver&Fit program<sup>1</sup> – so you get what you need to exercise regularly – **all at no additional cost to you.**<sup>2</sup>



### Home Fitness Kits

#### Your choice of 1 kit per plan year:

- Fitbit® or Garmin® Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner, Intermediate, or Advanced Strength Kit
- Beginner or Advanced Swim Kit
- Beginner or Intermediate/Advanced Yoga Kit



### Gyms and Classes

**Fitness center annual membership,** with your choice from a large network of fitness centers

**Signature Series workout classes,** available at participating locations

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## Digital Fitness

**Personalized Workout Plans**, to help you get started with an exercise routine

**On-demand workout videos**, with thousands of videos available for you to choose from

**Workout videos** available to the public, with a variety of classes on Facebook Live and the Silver&Fit YouTube channel



## Well-Being Resources

**The Well-Being Club**, for connecting with others, joining live-streaming classes and events, and viewing exclusive articles and videos

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

**The Silver&Fit Connected!™ tool**, to earn rewards for exercising<sup>3</sup>

### For more information about the Silver&Fit program:



Visit [silverandfit.com](https://silverandfit.com)



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

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

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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.

<sup>1</sup> 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 and once selected cannot be exchanged.

<sup>2</sup> Fees may apply for Expanded fitness center locations and vary by location. New member initiation fees may apply for some select locations in the Expanded network.

<sup>3</sup> 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.

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