



# 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 at home and beyond. **All at no additional cost to you.**<sup>2</sup>



### Digital and Home Fitness Choices

**Home Fitness Kits**, with 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

**Get Started program**, a personalized exercise plan based on your answers to an online questionnaire.

**Digital workout videos**, with more than 8,000 videos available for you to choose from.

**Daily workout videos** available to the public, with a variety of classes Monday through Saturday on Facebook Live and the Silver&Fit YouTube channel.

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## Fitness Center Choices

**Fitness center annual membership**, with your choice from a large network of fitness centers.<sup>3</sup>

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



## Healthy Aging Choices

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

**Healthy Aging classes**, available online.

**The Silver&Fit Connected!™ tool**, to earn rewards for exercising.<sup>4</sup>

### 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.

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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 will apply for premium fitness center locations and vary by location.

<sup>3</sup> Although many YMCAs are part of the Silver&Fit basic network, the YMCAs of the Greater Seattle, Kitsap, Pierce, and Thurston counties are part of an expanded network of fitness centers with select access. No-cost access to these select fitness centers 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 select locations in this expanded network.

<sup>4</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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