

# The **Silver&Fit**<sup>®</sup> Healthy Aging and Exercise Program

2020 | 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.<sup>1,2,3</sup>

## 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.<sup>1,2</sup>



### Step 2: Choose your exercise program

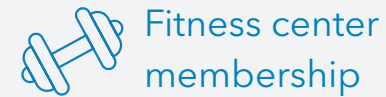
Silver&Fit offers 2 types of exercise programs—see descriptions on the next page. Pick the one that's right for you based on how and where you like to work out. If you change your mind, you can switch anytime.



### Step 3: Sign up

Register at [SilverandFit.com](https://www.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



### Fitness center membership

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

**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 more<sup>3</sup>



### 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 home fitness kits. They may contain DVDs, info booklets, and quick start guides. You can choose from many topics, including:<sup>1,2,4</sup>**

- Aquatic exercise
- Cardio & strength
- Chair Pilates
- Stress management
- Walking
- Yoga

## 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](https://www.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.

### 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!™ 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.<sup>5</sup>



## 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

---

<sup>1</sup>In Oregon and Washington, the Silver&Fit benefit is not offered as part of the Basic Plan.

<sup>2</sup>In the District of Columbia, Maryland, and Virginia, Silver&Fit is available to members with the following plans: Kaiser Permanente Medicare Advantage Standard and High DC (HMO), Kaiser Permanente Medicare Advantage Standard and High MD (HMO), Kaiser Permanente Medicare Advantage without Part D (HMO), Kaiser Permanente Medicare Plus Standard and High with Part D (AB) (Cost).

<sup>3</sup>Classes at some fitness centers might require additional fees that aren't included in your membership.

<sup>4</sup>Available fitness kits are subject to change.

<sup>5</sup>Purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program. Rewards are subject to change.

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.

In California, Hawaii, Oregon, Washington, Colorado, Georgia, and the District of Columbia, Kaiser Permanente is an HMO plan with a Medicare contract. In Maryland and Virginia, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.