

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

2023 | 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:

Become a member 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 how you'd like to work out

The Silver&Fit program offers different ways to exercise – 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 how you'd like to work out: home, fitness center, or both!



Digital fitness choices

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

Each calendar year, you can choose one Home Fitness Kit from Fitbit® or Garmin® Wearable Fitness Tracker, Yoga, Strength, Pilates, or Swim Kit options.³ You also have access to on-demand workout videos and Signature Series classes at SilverandFit.com, personalized Workout Plans, or you can join a live exercise class on the Silver&Fit Facebook and YouTube pages.



Fitness membership choices

With this option, you can pick a fitness center from the Silver&Fit program'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
- Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more²

Healthy extras

No matter what you choose, you'll have access to the following perks:

Well-being club

Enjoy this enhanced feature of the Silver&Fit website that focuses on community with a personalized approach to fitness, well-being, and member connection. The Well-Being Club gives you the opportunity to view customized resources, as well as attend live-streaming classes and events.

Member resources

Find answers to common questions about aging and take advantage of health tips and materials available at SilverandFit.com. 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 in with on-demand workout videos. Just download the Silver& Fit ASHConnect™ mobile app to access thousands of on-demand 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 via 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.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 Maryland and the District of Columbia, the Silver&Fit program 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 may require additional fees that aren't included in your membership. Silver&Fit classes may not be offered at all fitness centers.

³Home Fitness Kits are subject to change.

⁴Rewards are subject to change.

⁵In Hawaii, members have access to the buy-up Premium Fitness Network. Fees vary by Premium fitness location.

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 with permission herein. Other names and logos may be trademarks of their respective owners.

In California, Hawaii, and Washington, Kaiser Permanente is an HMO plan with a Medicare contract. In Colorado, Oregon, Southwest Washington, Georgia, Maryland, Virginia, and the District of Columbia, Kaiser Permanente is an HMO and HMO-POS 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.