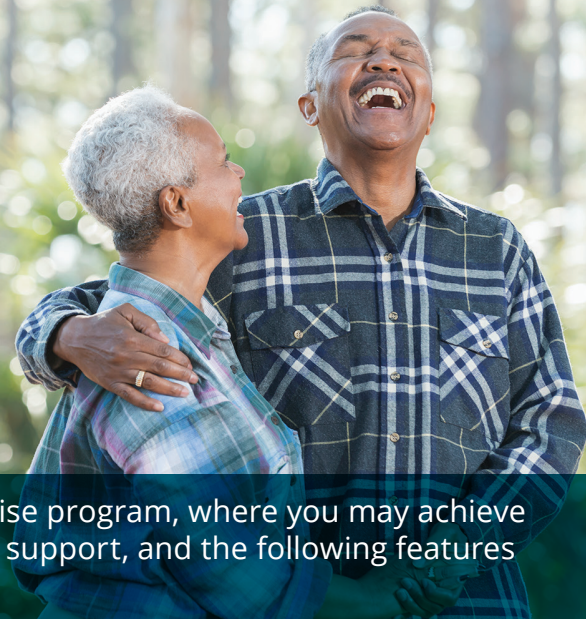


# SOMETHING FOR EVERYONE®



Welcome to the enhanced Silver&Fit® Healthy Aging and Exercise program, where you may achieve a better life balance in a program with flexibility, personalized support, and the following features tailored to meet your unique needs:



## National Network of 14,000+ Fitness Centers

- No-cost membership at one of 14,000+ participating fitness centers
- Many fitness centers also offer:\*
  - Group fitness classes tailored to older adults
  - Dance or yoga studios and/or swimming pools



## Home Fitness Kits

- If you prefer to work out at home, receive up to 2 kits per benefit year
- 35 unique options available, including a Fitbit® Connected! kit\*\*



## Additional Resources

- 48 Healthy Aging classes
- *The Silver Slate*® quarterly newsletter



## Silver&Fit's ASHConnect™ Mobile App

- Enhanced fitness center search, with photos and location details to help you find fitness centers with your favorite features
- Activity tracking on over 250 wearable fitness devices, including Apple Watch®, apps, and exercise equipment\*\*
- Virtual streaming group exercise videos so you can work out on your schedule



I joined Silver&Fit to get more active and now I'm healthier and part of an  
**AMAZING COMMUNITY**

– Silver&Fit member

## YOU CHOOSE HOW YOU WANT TO GET HEALTHY!

Call the Silver&Fit program at **1-877-750-2746 (TTY/TDD 711)**,  
Monday through Friday, between 5 a.m. to 6 p.m. Pacific time.

- \* Services that call for an added fee are not part of the Silver&Fit program.
- \*\* Purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.

In 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. In Maryland and Virginia, Silver&Fit is not available with Kaiser Permanente Medicare Advantage Value plans.

Your use of ASHConnect serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Please make sure to talk to a doctor before starting or changing an exercise routine. The people in this piece are not Silver&Fit members. Something for Everyone, Silver&Fit, ASHConnect, the Silver&Fit logo, and *The Silver Slate* are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Home kits are subject to change. You must be a Kaiser Permanente Medicare health plan member to remain eligible for the Silver&Fit benefit.

 Please recycle.

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