

The Silver&Fit[®] Healthy Aging and Exercise Program

All Silver&Fit members can get:

- The Get Started program where you can receive a personal exercise plan by answering a few online questions
- The Silver Slate[®] newsletter 4 times a year (online or by email)
- The Silver&Fit Connected![™] tool, a fun and easy way to track your exercise at a fitness center or through a wearable fitness device or app and earn rewards*
- One Home Fitness Kit per benefit year
- A collection of daily workout classes on Facebook Live and the Silver&Fit YouTube channel

Get Started!

- 1 Go to www.SilverandFit.com.
- 2 Register to use the website.
- 3 Find a fitness center or YMCA, and/or select a Home Fitness Kit.
- 4 Take your Silver&Fit card to the fitness center or YMCA.
- 5 If you prefer, you can call toll-free 1-888-797-7757 (TTY 711), Monday through Friday, between 5 a.m. to 6 p.m. Pacific time, excluding holidays, to find a fitness center or YMCA near you or to select a Home Fitness Kit.

Questions?

1-888-797-7757

Learn how to improve your health today!

Silver&Fit	Silver&Fit Card	Member Information
<p>Website: www.SilverandFit.com</p> <p>Silver&Fit phone number: Toll-free 1-888-797-7757 (TTY/TDD: 711)</p> <p>Hours: Monday through Friday, 5 a.m. to 6 p.m. Pacific time, excluding holidays.</p>	<p>Member name: _____</p> <p>Date of birth: _____ (month/day)</p>	

(continued)

*Rewards subject to change. Purchase of a wearable fitness tracker or application may be required and is not reimbursed by the Silver&Fit program.



Talk to your doctor before you start or change your exercise routine.

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. The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Silver&Fit, the Silver&Fit logo, Silver&Fit Connected!, and The Silver Slate are trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.



Customer Service:

1-888-797-7757 (TTY/TDD: 711)
Monday through Friday, 5 a.m. to 6 p.m.
Pacific time, excluding holidays.

Fitness Center/YMCA Information

(This Silver&Fit fitness card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card and photo ID must be shown when the Silver&Fit member is admitted into the fitness center or YMCA. This card is the property of American Specialty Health Fitness, Inc. (ASH Fitness).