

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

All Silver&Fit members can get:

- Workout Plans to help you start or continue an exercise routine
- The Silver Slate<sup>®</sup> newsletter 4 times a year (online and by email)
- The Silver&Fit Connected!<sup>™</sup> 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 workout classes on Facebook Live and the Silver&Fit YouTube channel, every Monday - Friday

## Get Started!

- 1 Go to [www.SilverandFit.com](http://www.SilverandFit.com).
- 2 Register to use the website.
- 3 Find a participating fitness center or YMCA, and/or select a Home Fitness Kit.
- 4 Take your Silver&Fit card to the participating 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><b>Website:</b> <a href="http://www.SilverandFit.com">www.SilverandFit.com</a></p> <p><b>Silver&amp;Fit phone number:</b> Toll-free 1-888-797-7757 (TTY/TDD: 711)</p> <p><b>Hours:</b> Monday through Friday, 5 a.m. to 6 p.m. Pacific time, excluding holidays.</p>		<p><b>Member name:</b> _____</p> <p><b>Date of birth:</b> _____ (month/day)</p>

(continued)

\*Rewards subject to change. Purchase of some wearable fitness trackers or applications may be required and are not reimbursable 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 ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Persons shown 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. Fitness center participation may vary by location and is subject to change.

