

# Something For Everyone®

## THE SILVER&FIT® HEALTHY AGING AND EXERCISE PROGRAM

Learn how to improve your health – and use our tools to do it.

### This program gives members:



- Access to thousands of participating fitness centers and select YMCAs



- The option to work out at home by choosing one Home Fitness Kit per benefit year
- Workout Plans to help you start an exercise routine
- The Well-Being Club to connect with others, join live-streaming classes and events, and view exclusive articles and videos



- The Silver&Fit Connected!™ tool, a fun and easy way to track exercise at a fitness center or through a wearable fitness tracker or app and earn rewards\*



- A variety of on-demand workout videos on the Silver&Fit website and through the Silver&Fit ASHConnect™ mobile app.
- Daily workout classes on Facebook Live and the Silver&Fit YouTube channel



Questions?  
Call Customer  
Service today!

You choose how you want to get healthy!  
Want to learn more?

For more information, please call:



**1-800-926-4178 (TTY: 711).** From October 1 to March 31, you can call us 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 to September 30, you can call us Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends, and on federal holidays.

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

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Your use of 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. 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, Silver&Fit Connected!, ASHConnect, and the Silver&Fit logo are trademarks of ASH and used with permission herein. Kits are subject to change. This information is not a complete description of benefits. Limitations and restrictions may apply. Members can contact their health plans for more information. Participating fitness centers and fitness chains may vary by location and are subject to change.