



Health Net®

LIFE INSURANCE COMPANY

Get fit. Have fun. Be healthy®.

Introducing the Silver&Fit Basic Program-
An Exercise and Healthy Aging Program designed specifically for Medicare beneficiaries.

As an eligible Silver&Fit Basic member, you may choose one of the two options below:

1. Silver&Fit Basic Network

Your Silver&Fit membership¹ entitles you to take advantage of all of the services and amenities included with your fitness club or exercise center membership. Fitness club amenities may include access to cardiovascular and resistance training equipment; exercise classes offered by the fitness club; and, where available, saunas, steam rooms, and whirlpools. Amenities offered by exercise centers may vary by facility.

¹ Any nonstandard fitness facility services that typically require an additional fee are not included in your membership.

2. Silver&Fit Home Fitness Program

Your Silver&Fit Home Fitness Program offers you the chance to participate in fitness and education activities, in the comfort of your own home. When you join, you may choose to receive up to two of the following kits:

- Strength exercise kit
- Walking kit
- Yoga kit
- Tai chi kit
- Pilates kit
- Aqua aerobics kit
- Stress management kit
- Dance kit

The kits may include items such as a DVD, a booklet with general information about the topic, and a Quick Start guide.



Select the option that works for you!

The Silver&Fit Basic program is an Exercise and Healthy Aging program designed specifically for Medicare beneficiaries. There are no copays, coinsurance, or deductibles for the Silver&Fit programs.

As an eligible member, you may choose from the two options listed below:

Services provided	Silver&Fit Basic Network	Silver&Fit Home Fitness Program
Membership at a local participating fitness club	✓	
– Access to cardiovascular and resistance training equipment	✓	
– Access to fitness club amenities such as saunas, pools, and whirlpools (where available)	✓	
– Fitness club exercise classes (if offered as part of fitness club membership)	✓	
Exercise centers, such as Jazzercise®, yoga, and Pilates (where available)	✓	
The <i>Silver Slate</i> ®, a quarterly newsletter for Silver&Fit members	✓	✓
Access to Silver&Fit website	✓	✓
Toll-free telephone assistance (with TTY/TDD option)	✓	✓
Option to choose up to two home fitness kits		✓

Access Silver&Fit Online

All members are eligible to register for the Silver&Fit website, www.SilverandFit.com, which can be viewed in 12-, 14-, or 16-point font and allows you to:

- Utilize the fitness facility locator and enrollment change features in the event you wish to change fitness facilities
- Access fitness literature to help you make healthier lifestyle choices
- Obtain discounts on health and other products
- Choose from multiple health trackers to monitor your progress
- Access the Silver&Fit member newsletters

To register, simply go to www.SilverandFit.com. Once you register, you may begin utilizing all of the website features.

The Silver Slate® Newsletter

Every Silver&Fit member registered on the website has access to the online quarterly newsletter with useful information about health and wellness.

Getting Started

1. Review your program materials. Consult your physician before you begin Silver&Fit or any physical fitness program.

2. To find a fitness facility near you, or to participate in the Home Fitness Program, visit www.SilverandFit.com and register to use the website, or call toll-free **1-877-427-4788 (TTY/TDD 1-877-710-2746)**, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.
3. Once you have chosen a fitness facility, bring the temporary ID card below along with your health plan ID card to the facility of your choice. You may be required by the fitness facility you chose to sign a membership agreement, even if you currently have a membership or previously participated in a fitness program offered through your Medicare plan. Your fitness facility will provide further instructions.
4. Begin your workout routine and be on your way toward good health! A permanent ID card with the name of your chosen facility will be sent to you.

Consult your physician before you begin Silver&Fit or any physical fitness program.

For more information, contact Health Net at 1-800-926-4178 (TTY/TDD 1-800-929-9955), 8:00 a.m. to 8:00 p.m., Monday through Friday, (except holidays).



Temporary ID Card

Member Information

Website: www.SilverandFit.com

Silver&Fit phone number (toll-free):

1-877-427-4788

(TTY/TDD 1-877-710-2746)

Hours: Monday–Friday, 5 a.m.–6 p.m.

Pacific time

Fold

Member name: _____

Date of birth: _____
(month/day)



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Monday–Friday
 8 a.m.–9 p.m. Eastern
 7 a.m.–8 p.m. Central
 6 a.m.–7 p.m. Mountain
 5 a.m.–6 p.m. Pacific

Silver&Fit
 PO Box 509117
 San Diego, CA 92150-9117
 Call toll-free
 1-877-427-4788
 (TTY/TDD 1-877-710-2746)

Visit us online at www.SilverandFit.com

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Silver&Fit Program

Fitness Facility Information

**Customer Service: 1-877-427-4788
 (TTY/TDD 1-877-710-2746)**

Monday–Friday, 5 a.m.–6 p.m. (Pacific).
 The Silver&Fit Program is provided by American Specialty Health Systems, Inc., a subsidiary of American Specialty Health Incorporated.

This Silver&Fit card is not transferable. Use of this card by anyone other than the person named hereon is prohibited. This card and photo ID must be shown when Silver&Fit member is admitted into fitness center. This card is the property of Silver&Fit.

