



Health Net®  
LIFE INSURANCE COMPANY



## The Silver&Fit® Exercise & Healthy Aging Program

The Silver&Fit Program gives you one of 2 choices:

### 1 The Silver&Fit Facility Membership:

Join a fitness facility or exercise center, at no cost

- Fitness facilities offer aerobic and strength training tools (any nonstandard fitness facilities that call for an extra fee are not part of the Silver&Fit membership)
- Some fitness facilities may have classes designed for older adults
- Gender-specific fitness facilities are offered for those who wish to choose that option
- Facilities may offer dance studios, yoga studios, and swimming pools

### 2 The Silver&Fit Home Exercise Program:

You can work out in the comfort of your own home, at no cost

You have a choice of up to 2 kits:

- Strength Exercise Kit
- Walking Kit
- Pilates Kit
- Yoga Kit
- Tai Chi Kit
- Aqua Aerobics Kit
- Stress Management Kit
- Dance Kit
- Chair Boxing Kit

Kits may have a DVD, booklet, and a Quick Start guide.

### Get Started:

Just go to [www.SilverandFit.com](http://www.SilverandFit.com) today to find a fitness facility. Follow the instructions on the "Find a Fitness Facility" page to find one that's right for you. Take in the temporary ID card below, along with your health plan ID card to the facility of your choice. To enroll in the Home Exercise Program, go to [www.SilverandFit.com](http://www.SilverandFit.com).



#### Temporary ID Card

#### Member Information

**Website:**  
[www.SilverandFit.com](http://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

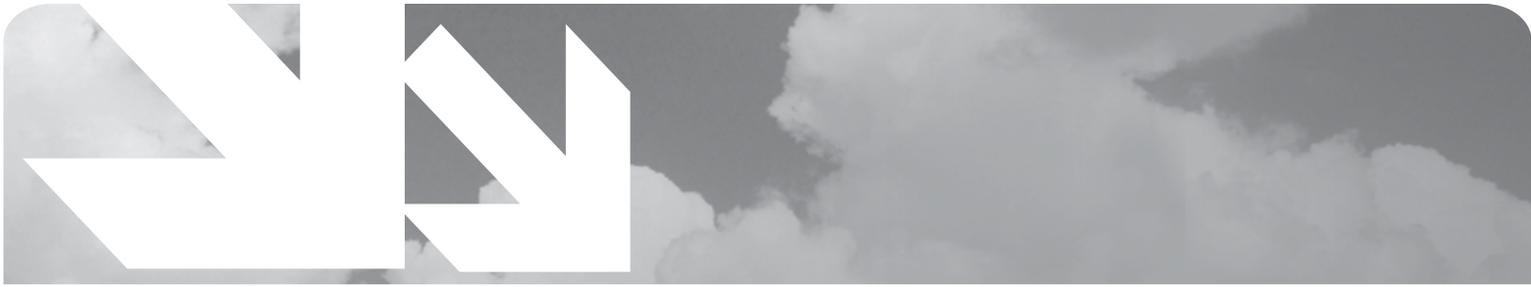
**Note:** This card is effective 1/1/2014

**Member Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_  
(month/day)



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**All enrolled members can use the following features:**

**Healthy Aging Materials**

You may choose to view these materials online or have a DVD mailed to you. Topics include:

- Exercise and fitness
- Social support and community
- Diet and healthy eating
- And many others

**The Silver Slate® Newsletter**

This quarterly newsletter offers useful health and wellness information. You may choose to view it online. You may also get it by email or mail.

**The Silver&Fit Program Online**

The Silver&Fit website, [www.SilverandFit.com](http://www.SilverandFit.com), can be viewed in 12-, 14-, or 16-point font. It provides several great features like the fitness facility search, exercise planners, and health trackers.

**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**

P.O. 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](http://www.SilverandFit.com)

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**The Silver&Fit® Program**

**Customer Service:**

1-877-427-4788 (TTY/TDD 1-877-710-2746)  
Monday–Friday, 5 a.m.–6 p.m. (Pacific time)

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**Fitness Facility Information**

This Silver&Fit 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 facility. This card is the property of Silver&Fit.