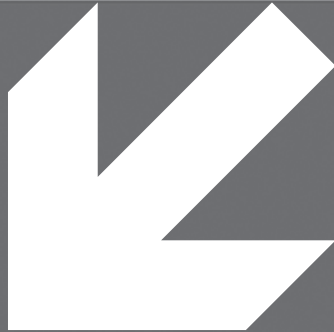




## Basic Program Get Fit. Have Fun. Be Healthy.®

Silver&Fit® empowers Medicare beneficiaries to improve their health through education and exercise.



Silver&Fit Basic is designed specifically for Medicare beneficiaries and includes:

- Membership\* at a participating fitness facility. Members can select a fitness club or exercise center, such as Jazzercise®, yoga, and pilates (where available)
- Silver&Fit Home Fitness Program for members who are unable to participate at a fitness facility or prefer to work out at home
- A Web site designed specifically for Silver&Fit members
- The Silver Slate®, a quarterly newsletter
- A toll-free customer service hotline to answer questions about the program

*\* Membership includes standard fitness facility services. Any nonstandard services that typically require an additional fee are not included.*



**Health Net®**  
MEDICARE PROGRAMS

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**For more information, contact Health Net at 1.800.977.6738 (TTY/TDD 1.800.929.9955 for hearing impaired) 8:00 a.m. to 8:00 p.m. 7 days a week.**

