



The Silver&Fit Basic Program

Get Fit. Have Fun. Be Healthy.®



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

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

- Membership* at a participating fitness facility. Members can select a fitness facility or exercise center, such as Jazzercise®, yoga, and Pilates (where available).
- The Silver&Fit Home Fitness Program for members who are unable to participate at a fitness facility or prefer to work out at home.
- Online Healthy Aging classes.
- A website 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 is a Medicare Advantage organization with a Medicare contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments and restrictions may apply. Benefits, network, premium and/or copayments/coinsurance may change on January 1 of each year. Health Net of California, Inc. is a subsidiary of Health Net, Inc. Health Net is a registered service mark of Health Net, Inc. All rights reserved.

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For more information, contact Health Net at 1-800-275-4737 (TTY/TDD 1-800-929-9955), 8:00 a.m. to 8:00 p.m., seven days a week.

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