



**The Silver&Fit[®]
Exercise & Healthy-Aging Program**
A program designed just for you.



Health Net[®]
MEDICARE PROGRAMS



 Silver&Fit®

Take Your First Step to Being Silver&Fit



Healthy living is a choice for life. The Silver&Fit program is for Medicare beneficiaries who want to improve their quality of life by being more active and learning how to make better health choices.

There are no copays, co-insurance or deductibles when you are a part of Silver&Fit.

Depending on the option you chose when you signed up, your no-cost Silver&Fit membership offers the following:

1. Silver&Fit Fitness Facility Option

You can use all of the services that are a part of your fitness facility or exercise center membership. You can go to Full and Basic coed facilities, gender-specific fitness facilities and exercise centers.

Full Coed Fitness Facility: These offer at least one class per week designed just for older adults. These classes focus on aerobics, flexibility and strength training. Classes may be Silver&Fit yoga, Zumba Gold®, aqua, fall prevention, tai chi, strength/cardio training or the Silver&Fit Signature Series Classes®.

**Services that call for an added fee are not part of the Silver&Fit program.*

Basic Coed Fitness Facility: You can use the aerobic and strength training equipment. Some facilities may also have classes, saunas, steam rooms and whirlpools*.

Gender-Specific Fitness Facility: These offer you the chance to work out with others of the same gender. These facilities may also offer classes appropriate for older adults.

Exercise Center: These kinds of centers may include dance studios, swimming pools and recreation centers, parks and yoga and Pilates studios. Services may differ by facility.

You have already chosen a fitness facility that has the services you need. Your ID card is attached to the welcome letter in this packet.

At the facility, you may be asked to show your Silver&Fit ID card and your fitness facility ID card each time you work out.



2. The Silver&Fit Home Exercise Program

This option is for those who cannot get to a fitness facility or who prefer to work out in the comfort of their own home. As a member, you can order up to 2 of these kits:

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

The kits may have a DVD, a booklet with information about the topic, and a Quick Start guide. You will get your first kit within 10 days after you enroll, and the second kit about 90 days after the first kit is shipped. You can choose 2 new kits each year (depending on your health plan coverage). You can order these by going online to www.SilverandFit.com or by calling Silver&Fit toll-free at **1-877-427-4788 (TTY/TDD 1-877-710-2746)** Monday–Friday, 5:00 a.m.–6:00 p.m. (Pacific time).

All Silver&Fit members can also use the following:

Healthy-Aging Learning Materials

You will get learning materials (online or on DVD) that teach you about healthy aging. You will learn about topics such as exercise and fitness, diet and healthy eating, and more.

The Silver Slate® Newsletter

Every Silver&Fit member who has signed up on the website can view the online newsletter. This newsletter has lots of great information about health and wellness.

The Silver&Fit Program Online

All members can sign up for the Silver&Fit website, www.SilverandFit.com. This site can be viewed in 12-, 14-, or 16-point font. On the website you can:

- Use the facility locator if you wish to change fitness facilities.
- Use learning materials to help you make healthier lifestyle choices.
- Use many health trackers to track your progress.
- Use the fitness and nutrition planners.
- View the Silver&Fit newsletters.
- View online Healthy-Aging classes.

To sign up, go to www.SilverandFit.com. Once you sign up, you can start using all of the website features.

Changing Your Fitness Facility

You can switch from one Silver&Fit facility to another once per month. To do this, just log on to www.SilverandFit.com. Select Find a Fitness Facility.

You can also switch by calling Silver&Fit toll-free at the number below. Once you have chosen a new facility, you will need to sign an agreement with the facility. You will also need to present your Silver&Fit ID card. Your change will take effect the first day of the next month.

Customer Service

For questions about your program or for help, call Silver&Fit toll-free at the number below. A representative will answer your questions or take care of your concerns as quickly as possible.

Exclusions and Limitations

The following services are not offered:

- Services or supplies provided by any person, company, or provider other than a Silver&Fit participating fitness facility
- All education materials other than those produced for the Silver&Fit program by American Specialty Health Incorporated
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids
- Program services or products for individuals other than the Silver&Fit member
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products (Nicotine Replacement Therapy (NRT) products provided by Healthroads, Inc. if Healthroads Coaching® is part of the Silver&Fit member's benefit), meal-replacement beverages or powders, or any other type of food or food product, whether or not it is recommended, prescribed or supplied by a health care provider, fitness facility or program
- All listening devices including, but not limited to, audiotape and CD players
- Services for members with serious medical conditions for which Silver&Fit services are not appropriate

Reminder: Before enrolling in the Silver&Fit program, you acknowledged that you were advised to consult with your physician or other qualified health professional.

Monday–Friday

8:00 a.m.–9:00 p.m. Eastern
7:00 a.m.–8:00 p.m. Central
6:00 a.m.–7:00 p.m. Mountain
5:00 a.m.–6:00 p.m. Pacific

Call toll-free 1-877-427-4788
(TTY/TDD 1-877-710-2746)

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6029022 CA100048 (7/13)

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