

Presenting the Silver&Fit[®] Exercise & Healthy-Aging Program

Dear Member:

What does it mean to be Silver&Fit? It means that you care about your health and well-being; and you are looking for new and fun ways to get fit and stay healthy.

The Silver&Fit program consists of:

- Being a member at a Silver&Fit fitness facility or exercise center near you that takes part in the program*
- The Silver&Fit Home Exercise Program if you cannot get to a fitness facility or prefer to work out at home
- Healthy-aging classes online or mailed to your home (let us know which option you prefer)
- *The Silver Slate*[®] newsletter
- The Silver&Fit website
- A toll-free telephone hotline to answer questions about the program

Prior to participating in this or any other exercise or weight management program, it is important for you to seek the advice of a physician or other qualified health professional.

To take part in this program:

- Go to 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, 5:00 a.m. to 6:00 p.m. Pacific time

The next step is to choose a fitness facility near you. You can do this on the website or by calling the number listed above. Then, fill out your temporary ID card. Take this card and your health plan ID card with you to the fitness facility. You may need to sign a membership agreement with the fitness facility, even if you have a current membership agreement or have had one in the past.

Sincerely,



Carla Berry-Ulrich
Director, Customer Service

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

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