



The Silver&Fit® Exercise & Healthy Aging Program



Giving you the power to improve your health through learning and exercise.

The Silver&Fit Exercise & Healthy Aging Program is available to members of Violet Option 1 (PPO), Aqua (PPO), Healthy Heart (PPO), Ruby (HMO), and Jade (HMO SNP) plans and consists of:

- Membership at a local fitness facility or exercise center
 - A no-cost standard membership¹ for HMO members at a participating fitness facility. Participating facilities include Full fitness facilities, Basic fitness facilities, gender-specific fitness facilities, or exercise centers.
 - PPO members may choose from participating Silver&Fit facilities or from non-participating facilities with coverage up to a \$360 annual allowance.
 - The Silver&Fit Home Exercise Program for PPO or HMO members who cannot get to a fitness facility or choose to exercise at home.
- Healthy Aging learning materials. These can be viewed online. Or, if you prefer, they can be mailed to your home.
- The Silver&Fit website.
- *The Silver Slate*® newsletter.
- A toll-free telephone hotline to answer questions about the program.



Health Net
MEDICARE PROGRAMS

To learn more, call Health Net at
1-800-949-6192 (TTY/TDD 1-800-929-9955).



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Health Net has a contract with Medicare to offer HMO, PPO, HMO SNP plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan at 1-800-949-6192 (TTY/TDD 1-800-929-9955), 8:00 a.m. to 8:00 p.m., seven days a week. Limitations, copayments and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium, and/or copayments/coinsurance may change on January 1 of each year. Health Net Health Plan of Oregon, Inc. and Health Net Life Insurance Company are subsidiaries of Health Net, Inc. Health Net is a registered service mark of Health Net, Inc. All other identified trademarks/service marks remain the property of their respective companies. All rights reserved. ASH is contracted with Health Net to provide services.



Choose what works for you!¹

Services Provided	Full Fitness Facility	Basic Fitness Facility	Gender-Specific Fitness Facility	Exercise Center	Home Exercise Program
Membership at a participating fitness facility that offers:	✓	✓	✓	✓	
– Access to cardio and strength training equipment	✓	✓	✓	Facilities Vary	
– Access to fitness facility features such as saunas, pools, and whirlpools ¹ (where available)	✓	✓	✓	Facilities Vary	
– Fitness facility exercise classes (if offered as part of fitness facility membership ¹)	✓	✓	✓	Facilities Vary	
Silver&Fit group exercise classes at the fitness facility	✓			Facilities Vary	
<i>The Silver Slate</i> [®] newsletter	✓	✓	✓	✓	✓
Access to Silver&Fit website	✓	✓	✓	✓	✓
Toll-free telephone assistance (with TTY/TDD option)	✓	✓	✓	✓	✓
2 Home Exercise Kits in place of fitness facility membership					✓
Healthy Aging education kits on www.SilverandFit.com or, if requested, DVD with booklets	✓	✓	✓	✓	✓

¹Services at the fitness facility that call for an added fee are not part of the Silver&Fit program.