

Something For Everyone[®]

THE SILVER&FIT[®] HEALTHY AGING AND EXERCISE PROGRAM

Learn how to improve your health – and use our tools to do it.

This program gives members:



- No-cost access to participating fitness centers
- Group classes tailored to older adults, where offered
- The option to work out at home using up to 2 Home Fitness Kits per year
- Healthy Aging classes 4 times a year (online or by mail)
- A newsletter 4 times a year (online, by email, or by mail)
- The Silver&Fit Connected![™] tool, a fun and easy way to track exercise at a fitness center or through a wearable fitness device or app and earn rewards*
- Other web tools like a fitness center search and online classes



Questions?
Call Member Services today!

**You choose how you want to get healthy!
Want to learn more?**

For more information, please call:



1-800-275-4737 (TTY: 711). From October 1 through March 31, you can call us 7 days a week from 8:00 a.m. to 8:00 p.m. From April 1 through September 30, you can call us Monday through Friday from 8:00 a.m. to 8:00 p.m. A messaging system is used after hours, weekends and on federal holidays.

*Rewards subject to change; purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.

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Health Net has a contract with Medicare to offer HMO and PPO plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal.

Your use of Silver&Fit Connected! serves as your consent for American Specialty Health Fitness, Inc. to receive information about your tracked activity. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Please make sure to talk to a doctor before starting or changing an exercise routine. The people in this piece are not Silver&Fit members. Something for Everyone, Silver&Fit and Silver&Fit Connected!, the Silver&Fit logo, are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Home kits are subject to change. This information is not a complete description of benefits. Members can contact their health plans for more information. Not all YMCAs participate in the network. Members are advised to check the searchable directory on the Silver&Fit website to see if their location participates in the program.

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