



Silver&Fit[®] Healthy Aging and Exercise Program

Get more from your Kaiser Permanente Medicare health plan

Available to select Kaiser Permanente Senior Advantage (HMO) plan members

The Silver&Fit Healthy Aging and Exercise Program¹ can help you stay active and thrive, at no additional cost. Join a participating fitness center and try a Home Fitness Kit.



Fitness center membership

Choose from Silver&Fit's broad network of standard participating fitness centers as well as locations in the Premium Fitness Center Network.² Where available, you can:

- Work out with cardio and strength-training equipment
- Access features such as saunas, pools, and whirlpools³
- Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more



Virtual and at-home options

We make it easy to fit fitness into your day – right where you're most comfortable. With virtual and at-home options, you can enjoy:

- One Home Fitness Kit per benefit year from a variety of fitness options
- Thousands of on-demand workout videos on the Silver&Fit website
- Personal workout plans to help you start or continue an exercise routine

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How to get started with the Silver&Fit program

Once you're a Kaiser Permanente Senior Advantage member, follow these steps:

1. Go to **SilverandFit.com**.
2. Register to use the site.
3. Select a participating fitness center and choose a Home Fitness Kit.
4. Print out your Silver&Fit card, take it to the fitness center, and start exercising.

Build healthy habits

An enhanced feature of the Silver&Fit website focuses on community with a personalized approach to fitness, well-being, and community connection. The Well-Being Club gives members the opportunity to view customized resources and attend live virtual classes and events.

You'll also get these great benefits

- A rewards program for members who track their exercise and activities
- Social support and community involvement opportunities at participating fitness centers, where available
- The Silver Slate® quarterly newsletter (online or by email)
- Access to **SilverandFit.com**

Learn more at **SilverandFit.com** or call **1-877-750-2746 (TTY 711)**

¹The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). The Silver&Fit program is available to current members of participating Kaiser Permanente Group Medicare health plans. All programs and services are not available in all areas. Silver&Fit and The Silver Slate are trademarks of ASH and used with permission herein. Kits rewards are subject to change. Fitness center participation may vary by location and is subject to change.

²Members who select a premium fitness center location will pay their nonrefundable membership via their Silver&Fit member account.

³Any additional fees not included.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.