The Silver&Fit® Exercise & Healthy Aging Program
2019 | Personalized fitness plans to keep you healthy
Join the Silver&Fit Exercise & Healthy Aging Program

You don’t have to be a lifelong athlete to be active as an older adult. The Silver&Fit Exercise & Healthy Aging Program makes it easier for you to get fit and stay motivated – at no extra cost.1,2,3

Get started in 3 simple steps

**Step 1:**
**Enroll in Medicare**

When you enroll in a Kaiser Permanente Medicare health plan, you’re automatically eligible for the Silver&Fit program.1,2

**Step 2:**
**Choose your exercise program**

Silver&Fit offers 2 types of exercise programs – see descriptions on the next page. Pick the one that’s right for you based on how and where you like to work out. If you change your mind, you can switch anytime.

**Step 3:**
**Sign up**

Register at SilverandFit.com or call 1-877-750-2746 (TTY 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.
Choose your exercise program

FITNESS CENTER MEMBERSHIP

With this option, you can pick a fitness center or YMCA from Silver&Fit’s broad network of participating locations.

Where available, you can:

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

THE Silver&Fit HOME FITNESS PROGRAM

If you enjoy working out at home or can’t go to a fitness center, this option is for you.

Each calendar year you’ll get up to 2 home fitness kits. They may contain DVDs, info booklets, and quick start guides. You can choose from many topics, including:

- Aquatic exercise
- Cardio strength
- Chair Pilates
- Stress management
- Walking
- Yoga

Healthy extras

No matter which exercise program you choose, you’ll have access to the following perks:

Resource library

Find answers to common questions about aging and take advantage of health tips and materials available at SilverandFit.com or by mail. Topics include:

- The aging process and your body
- Exercise and fitness
- Medical services
- Relaxation and meditation
- Social support and community involvement

Social activities

Join your fellow Silver&Fit members at community events, where available, or take part in fitness challenges to reach new health goals – and have fun along the way.

Newsletter

Get motivated with The Silver Slate®, a quarterly newsletter filled with wellness tips to keep you committed to healthy living. Get it by mail or email – or view it online.

Rewards program

With the Silver&Fit Connected!™ tool, you can use your smartphone or wearable fitness device to track your progress and earn rewards, including a Silver&Fit hat and collectible pins.
In Oregon and Washington, the Silver&Fit benefit is not offered as part of the Basic Plan.

1. In the District of Columbia, Maryland, and Virginia, Silver&Fit is available to members with the following plans: Kaiser Permanente Medicare Advantage Standard and High DC (HMO), Kaiser Permanente Medicare Advantage Standard and High MD (HMO), Kaiser Permanente Medicare Advantage without Part D (HMO), Kaiser Permanente Medicare Plus Standard and High with Part D (AB) (Cost).

2. Classes at some fitness centers might require additional fees that aren’t included in your membership.

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Available fitness kits are subject to change.

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

The 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, The Silver Slate and Silver&Fit Connected! are trademarks of ASH and used here with their permission. Other names and logos may be trademarks of their respective owners.

In California, Hawaii, Oregon, Washington, Colorado, Georgia and the District of Columbia, Kaiser Permanente is an HMO plan with a Medicare contract. In Maryland, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. In Virginia, Kaiser Permanente is a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.