



THE SILVER&FIT® EXERCISE & HEALTHY AGING PROGRAM:

# SOMETHING FOR EVERYONE™

Learn how to improve your health—and use our tools to do it. This program gives members:

- » No-cost access to a fitness club or exercise center
- » Group classes made for older adults, where offered
- » The option to work out at home using up to 2 Home Fitness Kits per year (17 to choose from)
- » Healthy Aging classes (online or DVD)
- » A newsletter 4 times a year
- » The Silver&Fit Connected!™ program, a fun and easy way to track exercise at a facility or through a wearable fitness device or app and earn rewards\*
- » Other web tools like a facility search, online classes, challenges, and more

\*Rewards subject to change; purchase of a wearable fitness device or app is not included



## TO TAKE PART IN THIS PROGRAM:

1. Go to [www.SilverandFit.com](http://www.SilverandFit.com).
2. Register to use the website.
3. Find a fitness facility or select the Home Fitness program.
4. Take your fitness card to the fitness facility.

Your use of the Silver&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. 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. The people in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information.