

Get more from your Kaiser Permanente Medicare health plan

# Silver&Fit®

## Exercise and Healthy Aging Program



### Now available for Kaiser Permanente Senior Advantage (HMO) plan members

The Silver&Fit Exercise and Healthy Aging Program\* can help you stay active and thrive, **at no additional cost**. Choose the exercise plan that best matches your lifestyle:



#### FITNESS FACILITY MEMBERSHIP

Select a fitness facility from Silver&Fit's broad network of participating fitness facilities. Where available, you can:

- ▶ Work out with cardiovascular and strength-training equipment
- ▶ Access features such as saunas, pools, and whirlpools†
- ▶ Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more
- ▶ Get Healthy Aging materials to help you find the right exercise program



#### HOME FITNESS PROGRAM

We make it easy to fit fitness into your day—right where you're most comfortable. With the home fitness program, you'll get:

- ▶ Up to 2 home fitness kits each benefit year
- ▶ A choice of fitness styles, such as Pilates, stress management, and Chair Dancing
- ▶ Healthy Aging materials to help you find the right exercise program

### How to get started with the Silver&Fit program

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

- Go to **SilverandFit.com**.
- Register to use the site.
- Choose a participating fitness facility or sign up for the Home Fitness Program.
- Print out your fitness card, take it to the fitness facility, and start exercising.

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### The Silver&Fit program offers more benefits for both choices:

- A resource library with Healthy Aging materials (online or by mail)
- A rewards program for members who track their exercise and activities
- Social support and community involvement opportunities
- **The Silver Slate<sup>®</sup>** quarterly newsletter (online, by mail, or email)
- Access to **SilverandFit.com**

Learn more at **SilverandFit.com**

Or call **1-877-427-4788 (TTY/TDD 1-877-710-2746)**



\*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 and The Silver Slate are federally registered trademarks of ASH. Other names and logos may be trademarks of their respective owners.

†Any additional fees not included.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year and at other times in accord with your group's contract with us.