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® 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)