

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 center or YMCA
- » Group classes made for older adults, where offered
- » The option to work out at home using up to 2 home fitness kits per year (34 to choose from)
- » Healthy Aging classes 4 times a year (online or by mail)
- » A newsletter 4 times a year (online, by email, or by mail)
- » The Silver&Fit Connected!™ program, a fun and easy way to track exercise at a fitness center or through a wearable fitness device or app and earn rewards*
- » Other web tools like a fitness center search, challenges and online classes

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

**YOU CHOOSE HOW YOU
WANT TO GET HEALTHY!**

WANT TO LEARN MORE?

Ask your fitness center or YMCA if they participate with Silver&Fit. You can also visit www.SilverandFit.com.

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. Not all YMCAs participate in the network. Please check the searchable directory on the Silver&Fit website to see if your location participates in the program.

Prominence Health Plan is an HMO plan with a Medicare contract. Enrollment depends on contract renewal. This information is not a complete description of benefits. Contact your health plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.

ATTENTION: Language assistance services, free of charge, are available to you. Call 1-855-969-5882 (TTY/TDD: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-969-5882 (TTY/TDD: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-969-5882 (TTY/TDD: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-969-5882 (TTY/TDD: 711).

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