

GROUP RETIREE BENEFITS | CALIFORNIA

The Silver&Fit[®] Healthy Aging and Exercise Program



Help your retirees stay healthy and active

The Silver&Fit Healthy Aging and Exercise program is available to retirees enrolled in a Kaiser Permanente group Medicare health plan. This program motivates seniors to get moving with:



Membership to a fitness center

and



Home Fitness Kits

Retirees can choose from the program's large network of participating locations to find a fitness center near them. Where available, the program includes:

- Access to cardio and strength training equipment
- A personalized exercise plan based on their fitness goals
- The choice of one Home Fitness Kit per benefit year
- Workout videos on the Silver&Fit website and app

To learn more about the Silver&Fit program, contact your Kaiser Permanente account manager or retiree consultant.

More health and fitness perks

- A resource library with exclusive articles and videos on healthy aging topics
- A rewards program for members who track their exercise and activities
- Social support and community involvement opportunities
- The Silver Slate[®] quarterly newsletter

*The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit and The Silver Slate are federally registered trademarks of ASH and used with permission herein.

Other names and logos may be trademarks of their respective owners. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.