



Silver&Fit[®] Healthy Aging and Exercise Program

Get more from your Kaiser Permanente Medicare health plan

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

The Silver&Fit Healthy Aging and Exercise Program¹ can help you stay active and thrive, at no additional cost. Join a participating fitness center and try our home fitness and Stay Fit kits.



Fitness Center Membership

Choose from Silver&Fit's broad network of participating fitness centers. Where available, you can:

- Work out with cardio and strength-training equipment
- Access features such as saunas, pools, and whirlpools²
- Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more



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 calendar year
- A choice of various fitness topics, such as Pilates, stress management, and chair dancing
- Your choice of one Stay Fit kit (some kits include an activity tracker)

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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 center and sign up for the home fitness program.
- Print out your Silver&Fit card, take it to the fitness center, and start exercising.

You'll also get these great benefits:

- A resource library with Healthy Aging education materials (online or by mail)
- A rewards program for members who track their exercise and activities
- Social support and community involvement opportunities at participating fitness centers, where available
- *The Silver Slate*[™] quarterly newsletter (online, by mail, or email)
- Access to **SilverandFit.com**

Learn more at **SilverandFit.com** or call **1-877-750-2746 (TTY 711)**

¹The 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 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.

²Any additional fees not included.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.