



## With the *Silver&Fit*<sup>®</sup> Healthy Aging and Exercise program, eligible members can enjoy:



### Fitness Network Choices

You can access a participating fitness center or select a YMCA facility, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.\*



### Home Fitness Kits

You can pick one kit per benefit year from 3 options: a Fitbit<sup>®</sup>, Beginner Yoga kit, or Advanced Strength kit.\*\*



### Fitness Tracking

You can sync your wearable fitness tracker or mobile app to the Silver&Fit Connected!<sup>™</sup> tool to track your activity and earn rewards like hats and pins.\*\*\*



### On-Demand Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at [SilverandFit.com](https://SilverandFit.com).



### Workout Plans

By answering a few online questions about your fitness level and goals, you can get a customized exercise plan.



### Well-Being Club

You can learn new skills and focus on your well-being by connecting with others, joining live virtual classes and events, and viewing exclusive articles and videos.



### Well-Being Coaching

You can work toward your goals during scheduled phone, video, or chat sessions with a trained coach.



### Fit at Home<sup>™</sup>

You can also get Fit at Home with Facebook Live and YouTube workouts, available to the public at no cost. See the full class schedule at [SilverandFit.com/Workouts](https://SilverandFit.com/Workouts).

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For questions, call Gold Kidney Health Plan at 1 (844) 294-6535 (TTY 711).

#### Hours of Operation:

October 1 – March 31, 8:00 a.m. – 8:00 p.m. local time, 7 days a week (except holidays)

April 1 – September 30, 8:00 a.m. – 8:00 p.m. local time, Monday – Friday (except holidays)



## Exclusions and Limitations

The following services are not offered:

- Services from gyms that do not join the Silver&Fit program
- Education materials not made by the Silver&Fit program by American Specialty Health Incorporated (ASHI)
- Communication tools, phone speakers, DVRs, and phones that work with hearing aids
- Drugs and medicine
- Over-the-counter goods
- Diet and herbal supplements, vitamins, and minerals
- Weight control products
- Medicines to help quit smoking
- Meal replacements or any type of food
- Listening devices, like audio tapes and CD players
- Fitness devices and apps that have fees

If you are not a Silver&Fit member, you are not eligible for any services. The Silver&Fit program may not be appropriate for members with serious medical conditions.

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\*Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

\*\*Once selected, Home Fitness Kits cannot be exchanged. Promo codes will expire at the end of the benefit year.

\*\*\*Rewards are subject to change. Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are not reimbursable by the Silver&Fit program. Your use of the Silver&Fit Connected! tool 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 ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. Persons shown are not Silver&Fit members. Silver&Fit, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH and used with permission herein. Other logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

Gold Kidney Health Plan Inc.® is an HMO-POS and HMO-POS C-SNP with a Medicare contract. Enrollment in Gold Kidney Health Plan depends on contract renewal.

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