

THE SILVER&FIT®

EXERCISE & HEALTHY AGING PROGRAM:

>> SOMETHING FOR EVERYONE!™



Did you know that as a Silver&Fit member you can go to a fitness center for only \$50 per year?

It's true! Some have classes designed for older adults that you might like. They may also offer dance or yoga studios and/or swimming pools*.

Don't want to go to a fitness center? No problem! You can enroll in the Home Fitness program (for only \$10 per year) and choose up to 2 Home Fitness Kits each benefit year. These kits may include DVDs, guides, and other items to help you get fit on your own terms.

*Services that call for an added fee are not part of the Silver&Fit program.

All members can also get:

- » Healthy Aging classes 4 times a year (online or by mail)
- » *The Silver Slate*® newsletter 4 times a year (online, by email, or by mail)
- » The Silver&Fit Connected!™ program, a fun and easy way to track your 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.



Fitness Card

Member Information

Website:

www.SilverandFit.com

Silver&Fit Phone Number:

Toll-free 1.877.427.4788

TTY/TDD 711

Fitness center to collect annual member fee of \$50

Hours:

Monday – Friday,
6 a.m. – 7 p.m.
Mountain time

This card is effective 1/1/2018 through 12/31/2018

Member Name: _____

Date of Birth: _____
(month/day)



Get Started!

- 1 Go to www.SilverandFit.com.
- 2 Register to use the website.
- 3 Choose a fitness center or sign up for the Home Fitness program.
- 4 Pay your annual member fee of \$50 directly to the fitness center. If you are or would like to be a member of 24 Hour Fitness or LA Fitness, visit us online at www.SilverandFit.com to pay your annual member fee.
- 5 If you prefer, you can call toll-free 1.877.427.4788 (TTY/TDD 711), Monday through Friday, 6 a.m. to 7 p.m. Mountain time to find a fitness center near you or to enroll into the Home Fitness program and pay your \$10 annual member fee.

>> Note: Annual member fees cannot be refunded.

Talk to your doctor before you start or change your exercise routine.

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. Something for Everyone, Silver&Fit, Silver&Fit Connected!, the Silver&Fit logo, and *The Silver Slate* are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information.

Blue Cross of Idaho Care Plus is a Medicare Advantage health plan with a Medicare and Idaho Medicaid contract. Enrollment in Blue Cross of Idaho Care Plus depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary. Idaho Medicaid pays the Medicare Part B premium for Full-Benefit Dual-Eligible members. Each member's cost share may vary based on the level of extra help you receive. This plan is available to full-benefit dual-eligible beneficiaries who are at least 21 years of age, live in our service area, and receive medical assistance from Medicare and Idaho Medicaid. Please contact the plan for further details.

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The Silver&Fit® Program

Fitness Center Information

Customer Service:

1.877.427.4788 (TTY/TDD 711)
Monday – Friday, 6 a.m. – 7 p.m. Mountain time

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH).

This Silver&Fit fitness card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card and photo ID must be shown when the Silver&Fit member is admitted into the fitness center. This card is the property of ASH Fitness.