

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 or YMCA for only \$50?

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)

Hours: Monday – Friday, 6 a.m. – 7 p.m. Mountain Time

Fitness center or YMCA to collect annual member fee of \$50

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 YMCA, or sign up for the Home Fitness program.

>> Note: Annual member fees cannot be refunded.

- 4 Pay your annual member fee of \$50 directly to the fitness center or YMCA. If you are or would like to be a member of 24 Hour Fitness, BFit, Gold's Gym 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 or YMCA near you or to enroll into the Home Fitness program and pay your \$10 annual member fee.

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. 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.

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. 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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Fitness Center/YMCA 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 or YMCA. This card is the property of ASH Fitness.