Welcome to the enhanced Silver&Fit® Healthy Aging and Exercise program where you will discover a better life balance in a program with flexibility, personalized support, and the following features tailored to meet your unique needs:

### National Network of 14,000+ Fitness Centers
- Low-cost membership at 14,000+ participating fitness centers and YMCAs
- Many fitness centers and YMCAs also offer:*  
  • Group fitness classes tailored to older adults  
  • Dance or yoga studios and/or swimming pools (where available)

### Home Fitness Kits
- If you prefer to work out at home, receive up to 2 kits per benefit year  
- 35 unique options available, including a Fitbit® Connected! kit

### One-on-One Silver&Fit Healthy Aging Coaching
In weekly sessions by phone, trained health coaches guide you in areas like:  
- Being active  
- Healthy eating  
- Lifestyle choices  
- Aging well  
- Managing conditions

### Silver&Fit’s ASHConnect™ Mobile App
- Enhanced fitness center search with photos and location details to help you find fitness centers and YMCAs with your favorite features  
- Activity tracking on over 250 wearable fitness devices, including Apple Watch® apps, and exercise equipment**  
- Virtual streaming group exercise videos so you can work out on your schedule

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**YOU CHOOSE HOW YOU WANT TO GET HEALTHY!**

Call Blue Cross of Idaho at 888-494-2583 (TTY/TDD: 711).

Hours are:  
**October 1 to March 31:** 8 a.m. to 8 p.m., seven days a week.  
**April 1 to September 30:** 8 a.m. to 8 p.m., Monday through Friday.
Your use of ASHConnect serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. 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. Please make sure to talk to a doctor before starting or changing an exercise routine. The people in this piece are not Silver&Fit members. Something for Everyone, Silver&Fit, ASHConnect, the Silver&Fit logo, and The Silver Slate are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Home kits are subject to change. Not all YMCAs participate in the network. Members are advised to check the searchable directory on the Silver&Fit website to see if their location participates in the program.

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* Services that call for an added fee are not part of the Silver&Fit program.
** Purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.

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