



## WELCOME TO SILVER&FIT® HEALTHY AGING COACHING

The Silver&Fit program has **Something for Everyone®**, including healthy aging lifestyle coaching which offers valuable resources that empower you to create and enjoy the life you want, all with the support of a trained health coach\*.

Our program provides remote sessions (phone, video, or online messaging)\*\* to guide you in lifestyle areas like:

- Being active
- Healthy eating
- Lifestyle choices
- Aging well
- Managing conditions
- Brain health

With the support of your health coach, you will:

- Create your own Healthy Aging Life Plan
- Choose one or two areas where you'd like to improve
- Set specific goals and identify steps that will help you achieve those goals
- Learn how to stay motivated as you work towards future goals

To get started, call Silver&Fit Customer Service toll-free at **888.797.7806 (TTY/TDD: 711), 8 a.m. to 9 p.m. Eastern time.**

\*Information provided by Silver&Fit health coaches and the Silver&Fit program does not take the place of information, advice, recommendations of your physician/doctor or any other specialty health care providers.

\*\*Members will work with their coach to determine the best session frequency. Initial session lasts up to 30 minutes; subsequent sessions last up to 15 minutes.

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