

Flexibility & Choice in Fitness



The no-cost Silver&Fit[®] program has Something for Everyone[®]. Eligible members can enjoy tools and features including:



8,000+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at SilverandFit.com and through the Silver&Fit mobile app.



Home Fitness Kits

You can pick one kit per benefit year. Choose from Wearable Fitness Tracker, Pilates, Strength, Swim, and Yoga Kit options.**



Get Started Program

By answering a few online questions about your fitness level and goals, you can receive a personal exercise plan, including suggested workout videos.



Healthy Aging Coaching

You can work toward your fitness, nutrition, and lifestyle goals during scheduled phone sessions with a coach.



Standard and Premium Fitness Network Choices

You can work out at one of 16,500+ participating fitness centers or select YMCAs, many with exercise classes for older adults. You also have access to 4,000+ Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.*



Member Resources

You can visit the online library of resources for exclusive articles and videos on healthy aging, healthy eating, staying active, and more.

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

For questions, call Health First Health Plans at 1.800.716.7737 (TTY/TDD 1.800.955.8771) weekdays from 8 a.m. to 8 p.m. and Saturdays from 8 a.m. to noon.

*Fees vary by Premium fitness center location.

Once selected, **Home Fitness Kits cannot be exchanged.

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