



**Health
First**
Health Plans



WELCOME TO THE SILVER&FIT[®] PROGRAM

The Silver&Fit program has Something for Everyone[®]! Feel supported on your healthy aging journey with:

- A fitness center membership at one of 16,500+ participating fitness centers or select YMCAs
- Access to the Premium Fitness Network, which includes 4,000+ additional locations like fitness centers, studios, and unique fitness experiences for a buy-up price*
- Your choice of one Home Fitness Kit per benefit year from 10 different options**
- The Get Started program, which you can participate in by answering a few online questions to receive your personal exercise plan
- 8,000+ digital workout videos on the Silver&Fit website and mobile app
- One-on-one Silver&Fit Healthy Aging Coaching sessions by phone where a coach will give you guidance in fitness, nutrition, brain health, and other lifestyle areas
- The Silver&Fit Connected![™] tool for tracking activity on 250+ wearable fitness trackers and mobile apps to earn rewards like hats and pins***
- Exclusive articles and videos on healthy aging topics through the online library of resources

To learn more about the Silver&Fit program, please visit SilverandFit.com and explore the FAQs section.

If you prefer to speak with Customer Service, call us toll-free at 888.797.7806 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

Exclusions and Limitations

The following services are not offered:

- Services or supplies provided by any person, company, or provider other than a Silver&Fit participating fitness center or select YMCA
- All education materials other than those produced for the Silver&Fit program by American Specialty Health Incorporated
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids
- Program services or products for individuals other than the Silver&Fit member
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it is recommended, prescribed, or supplied by a health care provider, fitness center, or program
- All listening devices including, but not limited to, audiotape and CD players
- Services for members with serious medical conditions for which Silver&Fit services are not appropriate
- Fitness devices and applications that require a fee are not reimbursable by the Silver&Fit program

*Fees vary by Premium fitness center location. Please refer to the fitness center search on the Silver&Fit website.

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

***Rewards are subject to change. Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Silver&Fit program.

Your use of the Silver&Fit Connected! tool 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., a subsidiary of American Specialty Health Incorporated (ASH). Please talk to a doctor before starting or changing an exercise routine. All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. Limitations, member fees, and restrictions may apply. Other logos may be trademarks of their respective owners. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

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