

SOMETHING FOR EVERYONE[®]



The Silver&Fit[®] Healthy Aging and Exercise program includes a robust fitness center network or a home exercise option, based on your unique needs. Find the best fit for you!



National Network of 14,000+ Fitness Centers

- You are eligible for a fitness center membership at 14,000+ participating fitness centers and select YMCAs, at no cost to you!



Home Fitness Program

- If you prefer to work out at home instead of going to a fitness center, choose up to 2 home fitness kits per benefit year, at no cost to you
- 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



Enhanced Fitness Center Search

Through SilverandFit.com, easily locate fitness centers and YMCAs near you with an enhanced search containing details like:

- Location information (address, phone number, hours, etc.)
- Types of amenities/services like swimming pools (where available)
- Photos of the location
- And more!



Silver&Fit's ASHConnect[™] Mobile App

- Activity tracking on over 250 wearable fitness devices, including Apple Watch[®], apps, and exercise equipment**
- Group exercise videos so you can work out on your schedule
- Fitness center and YMCA search to find a location with your favorite features



Member Resources

- 48 Healthy Aging classes (available on DVD or online)
- *The Silver Slate*[®] newsletter 4 times a year

Getting started is as easy as 1-2-3!

- 1 Go to www.SilverandFit.com to register.
- 2 Find participating fitness centers or YMCAs, or sign up for the Home Fitness program.
- 3 Simply bring this flier to the participating fitness center to enroll.

If you prefer to speak with a Customer Service agent, you can also call toll-free **1.877.427.4788** (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

Talk to your doctor before you start or change your exercise routine.

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. 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. Please check the searchable directory on the Silver&Fit website to see if your location participates in the program.

CareOregon Advantage Plus is an HMO-POS SNP With a Medicare/Medicaid contract. Enrollment in CareOregon Advantage Plus depends on contract renewal.

* 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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