

# Enjoy the freedom and better health of a flexible fitness program!

## Silver&Fit<sup>®</sup> Healthy Aging and Exercise Program 2024

### Elevate Your Fitness Routine

#### National Network of Fitness Centers

- Choose from thousands of participating fitness centers or YMCAs across the country included as a Gold Kidney member
- Access to thousands of premium locations and fitness studios including rock climbing gyms or Pilates studios at a substantial discount\*

#### Live-Streaming & On-Demand Workouts

- Get moving with fitness instructors by joining live-streaming fitness classes on Facebook and YouTube
- Access 12,000+ on-demand fitness videos and choose from a range of fitness levels, class types, and class lengths ranging from 2 minutes to 1 hour

#### Home Fitness Kits

- Select one of the following kits each year at no cost:\*\*
  - Fitbit<sup>®</sup> or Garmin<sup>®</sup> wearable fitness tracker
  - Walking/trekking fitness kit
  - Pilates fitness kit
  - Beginner, intermediate, or advanced strength fitness kit
  - Beginner or advanced swim fitness kit
  - Beginner or intermediate/advanced yoga fitness kit

#### Personalized Workout Plans

- Complete a fitness assessment questionnaire to receive a customized 14-day workout program and a suggested home fitness kit to fit your routine
- Access the Silver&Fit Connected!<sup>™</sup> tool from your PC, tablet, or smartphone, and track your progress by connecting the program to 250+ wearable trackers and mobile applications

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

\*\*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, kits cannot be exchanged. Kits are subject to change.

## **Nourish Your Physical & Mental Well-Being**

### **Well-Being Coaching**

- Enjoy weekly, personalized, over-the-phone or digital sessions with a dedicated coach to establish healthier mental, physical, and social habits

### **Well-Being Club Virtual Events**

- Tune in to live online workshops and game days from the comfort of home
- Explore the world through live virtual tours of zoos, museums, landmarks, and international locations

### **Social Clubs**

- Access over 120,000 social clubs, and connect with your local community over shared hobbies, outdoor activities, sports, education, volunteering, and other interests

### **Rewards**

- Opt in to complete activities throughout the year and earn rewards such as a Silver&Fit-branded visor, cap, or floppy hat, and fun collectible pins for each time you reach your quarterly reward goals\*\*\*

\*\*\*Rewards are subject to change. Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are 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.

# Silver&Fit Healthy Aging and Exercise Program 2024

## FAQ

### **How do I join the Silver&Fit program?**

Gold Kidney Health Plan members can create their Silver&Fit account here: [www.silverandfit.com/identity/registration](http://www.silverandfit.com/identity/registration).

### **How do I sign up for a membership at my local fitness center?**

Once you have registered with the Silver&Fit program, you'll receive your fitness ID card to save digitally or print out. Bring that ID card on your first visit to the fitness center, and the staff will use it to create your fitness center membership. After you're signed up for a membership, you won't need to bring your fitness ID.

### **Can I continue to use my existing fitness center?**

If the fitness center is part of the Silver&Fit network, then yes. You can ask the fitness center to freeze your personal membership and use your Silver&Fit membership and fitness ID instead.

### **How many fitness centers can I join? Are there limits on how often I can visit a fitness center?**

Members can change or add another fitness center membership by logging into the Silver&Fit website and clicking on Manage Memberships. If members enroll into more than one Premium location, they must pay fees for each individual location. Members can log in to the website or call for information on how their payments may change.

### **Can I become a member at the fitness centers in my local area or state only?**

No, you can become a member at any location within the Silver&Fit fitness center network. Find a fitness center near you here: [www.silverandfit.com/search](http://www.silverandfit.com/search).

### **I have a question or concern about a fitness center. Who do I contact?**

Members should speak to the manager of the fitness center. If that does not resolve the issue, they should email [FitnessService@ashn.com](mailto:FitnessService@ashn.com) or call Silver&Fit Customer Service toll-free at **1 (877) 427-4788 (TTY/TDD: 711)**.

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