

Get *Fit at Home*™

The Silver&Fit® program helps you stay active no matter where you live or like to work out!

Choose one Home Fitness Kit per benefit year:¹

Strength Kit with
resistance tubing



Self-Care Kit with
a foam roller



Toning Kit with
a Pilates ball



Walking Kit with
a pedometer



Yoga Kit with
a yoga mat



Fitbit® Wearable
Fitness Tracker Kit



To order your Home Fitness Kit, please visit SilverandFit.com.

Once you choose a kit, you will get an online promo code. Follow the instructions on how to redeem the code. Your kit will be mailed to you. Shipping times for kits may vary.

For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern time.

¹Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Kits are based on availability and subject to change. Once selected, **kits cannot be exchanged**. The color of items within the kit is also subject to change.

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