



Welcome to the Silver&Fit® Program

Enjoy a complete fitness program built to fit your lifestyle.

- Access to thousands of participating fitness centers or select YMCAs
- Access to the Premium Fitness Network, which includes more 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 11 options**
- Workout Plans to help you start or continue an exercise routine
- A variety of on-demand workout videos on the Silver&Fit website
- The Well-Being Club where you can join live virtual classes and events and view exclusive articles and videos
- One-on-one Well-Being Coaching sessions by phone, video, or chat where a coach will support you with your fitness, nutrition, and other lifestyle goals
- The Silver&Fit Connected!™ tool for tracking activity on 250+ wearable fitness trackers and mobile apps to earn rewards like hats and pins***

To learn more about the program, please visit SilverandFit.com and explore the FAQs.

If you would like to speak with Customer Service, call us toll-free at 1.877.427.4788 (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 from gyms that do not join the Silver&Fit program.
- Education materials not made by the Silver&Fit program by American Specialty Health Incorporated.
- Communication tools, phone speakers, DVRs, and phones that work with hearing aids.
- Drugs and medicine.
- Over-the-counter goods.
- Diet and herb supplements, vitamins, and minerals.
- Weight control products.
- Quit smoking medicines.
- Meal-replacements or any type of food.
- Listening devices, like, audio tapes and CD players.
- Fitness devices and apps that have fees.

If you are not a Silver&Fit member, you are not eligible for any services. The Silver&Fit program may not be appropriate for members with serious medical conditions.

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

Once selected, **Home Fitness Kits cannot be exchanged. Promo codes will expire at the end of the benefit year.

***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.

The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. Persons shown are not Silver&Fit members. Silver&Fit, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. Other logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

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