



SOMETHING FOR EVERYONE®

By joining the no-cost Silver&Fit® program, you will be supported on your healthy aging journey. Eligible members can enjoy tools and features including:



1,500+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos on the Silver&Fit website and through the Silver&Fit mobile app.



Daily Workout Videos

You can join daily workout classes on Facebook Live and the Silver&Fit YouTube channel.



www.facebook.com/SilverandFit
www.youtube.com/SilverandFit



Stay Fit Kits

You can select one (1) Stay Fit Kit per benefit year. Choices include a Wearable Fitness Tracker Kit, Yoga Kit, or Strength Kit.



Home Fitness Kits

You can pick up to 2 kits per benefit year from our 34 unique options, including Aqua, Tai Chi, Chair-Based Exercise, and more.*



Access to 15,000+ Participating Fitness Centers

You can work out at fitness centers including:



Healthy Aging Coaching

You can address your fitness and nutrition goals during scheduled phone sessions with a coach.

For questions, call MyTruAdvantage at 1-833-213-6731 (TTY: 711), 8:00 a.m. to 8:00 p.m., local time, 7 days a week. On Thanksgiving and Christmas Day, and weekends and holidays from April 1 through September 30, alternate technologies (for example, voicemail) will be used and we will return your call within one (1) business day.

NEW! Expanded Digital Fitness Library & Daily Online Workouts

Created for Older Adults!

Beginning next year, we will offer a newly expanded library of more than 1,500 digital workout videos exclusively for the Silver&Fit program. Join us on Facebook Live and YouTube starting October 1st for a sneak peek at the various types and levels of workouts that will be available to Silver&Fit members next year. See below for our daily schedule this fall on Facebook Live and YouTube.**

	Monday <i>Cardio</i>	Tuesday <i>Yoga</i>	Wednesday <i>Strength/ Bodyweight</i>	Thursday <i>Flexibility</i>	Friday <i>Mixed Format</i>
12 p.m. ET	Beginner: Explore the start to your fitness journey				
1 p.m. ET	Intermediate: Experience kicking your workout up a notch				
2 p.m. ET	Advanced: Challenge your skills and fitness				
3 p.m. ET	International: Enjoy workouts from around the globe				

*Members cannot select the same Home Fitness Kit twice in the same benefit year.

**Class schedule subject to change.

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. Please talk to a doctor before starting or changing an exercise routine. The people in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, and the Silver&Fit logo are federally registered trademarks of ASH. Kits are subject to change. Other names or logos may be trademarks of their respective owners. Participating facilities and fitness chains may vary by location and are subject to change.

MyTruAdvantage has HMO and PPO plans with a Medicare contract. Enrollment in MyTruAdvantage depends on contract renewal.

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