

# Silver&Fit®

## Exercise and Healthy Aging Program



### Introducing the new fitness program for Kaiser Permanente members enrolled in a Medicare group plan

The Silver&Fit Exercise and Healthy Aging Program\* can help you stay active and thrive. Choose the exercise plan that best matches your lifestyle:

To learn more about Silver&Fit, including how to register and find fitness facilities near you, visit [SilverandFit.com](http://SilverandFit.com).



#### GYM MEMBERSHIP

Select a local club from Silver&Fit's broad network of participating fitness facilities. Where available, you can:

- ▶ Work out with cardiovascular and strength-training equipment
- ▶ Access features such as saunas, pools, and whirlpools†
- ▶ Attend Silver&Fit classes, including yoga, swimming, strength and cardio training, and more



#### HOME FITNESS PROGRAM

We make it easy to fit fitness into your day – right where you're most comfortable. With the home fitness program, you'll get:

- ▶ Up to 2 home fitness kits each benefit year
- ▶ Choose from topics such as Pilates, stress management, and Chair Dancing
- ▶ Healthy Aging materials to help find the right exercise program for you

#### Additional benefits for both choices:

- A resource library with Healthy Aging materials
- A rewards program for members who track their exercise and activities
- Social support and community involvement opportunities
- The Silver Slate® quarterly newsletter
- Access to [SilverandFit.com](http://SilverandFit.com)
- Toll-free telephone assistance with TTY/TDD option



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In California, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year and at other times in accord with your group's contract with us.