



Something for Everyone[®]

The Silver&Fit[®] Healthy Aging and Exercise program supports every unique member.

Enjoy all of the following, anytime, anywhere, at no cost to you:



On-Demand Workout Videos

Go to silverandfit.com or download the ASHConnect™ mobile app to find workout videos for all fitness levels.



Well-Being Club

Learn new skills and focus on well-being by:

- Connecting with others
- Enjoying live-streaming classes and events on the Silver&Fit website
- Viewing exclusive articles and videos



Workout Plans

Answer a few online questions about your fitness level and goals to get tailored workouts to help you start an exercise routine.



Home Fitness Kits

Pick your favorite kit (one per benefit year):*

- Fitbit[®] or Garmin[®] Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner, Intermediate, or Advanced Strength Kit
- Beginner or Advanced Swim Kit
- Beginner or Intermediate/Advanced Yoga Kit



Standard Fitness Network Choices

Join one of thousands of participating fitness centers nationwide, many with exercise classes for older adults.

Go to silverandfit.com to get started today! For questions, call us toll-free at 1-877-750-2746 (TTY/TDD 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

*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.**

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (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. The persons in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, ASHConnect, and the Silver&Fit logo are trademarks of ASH. Limitations and restrictions may apply. Other names and logos may be trademarks of their respective owners. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change. You must be a Kaiser Permanente Medicare health plan member to remain eligible for the Silver&Fit benefit.

The Silver&Fit program is not available with the following plans: Kaiser Permanente Medicare Advantage Value Balt (HMO), Kaiser Permanente Medicare Advantage Value MD (HMO), and Kaiser Permanente Medicare Advantage Value DC (HMO).

♻️ Please recycle.

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