



## Flexibility & Choice in Fitness

The Silver&Fit<sup>®</sup> program has Something for Everyone<sup>®</sup>. Eligible members can enjoy tools and features like:



### Fitness Network Choices

You can join thousands of participating fitness centers or select YMCAs, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.\*



### Home Fitness Kits

You can pick one kit per benefit year. Choose from Wearable Fitness Tracker, Walking/Trekking, Pilates, Strength, Swim, and Yoga options.\*\*



### FitnessCoach<sup>®</sup> Virtual Personal Fitness Training

You can challenge yourself with up to 8 live virtual sessions per benefit year with a certified personal fitness trainer. Each session costs \$30.




### Fitness Tracking

You can sync your wearable fitness tracker or mobile app to the Silver&Fit Connected!<sup>™</sup> tool to track your activity and earn rewards like hats and pins.\*\*\*



### On-Demand Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at [SilverandFit.com](https://SilverandFit.com).




### Workout Plans

By answering a few online questions about your fitness level and goals, you can get workouts to help you start or continue an exercise routine.



### Well-Being Club

You can learn new skills and focus on your well-being by connecting with others, joining live virtual classes and events, and viewing exclusive articles and videos.



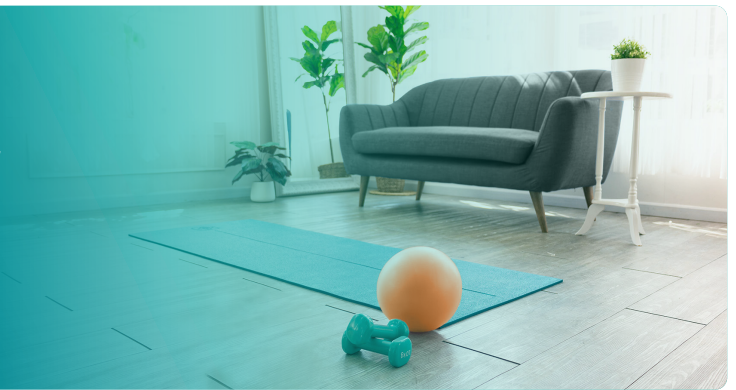
### Healthy Aging Coaching

You can work toward your fitness, nutrition, and lifestyle goals during scheduled phone, video, or chat sessions with a trained coach.

---

For questions, call QualChoice at 855.633.4765 (855.MEDIQ65),  
8:00 a.m. to 8:00 p.m., Monday – Friday.

You can also get **Fit at Home™** with Facebook Live and YouTube workouts, available to the public at no cost. See the full class schedule at [SilverandFit.com/Workouts](https://SilverandFit.com/Workouts).



\*Fees vary by Premium location.

\*\*Once selected, **Home Fitness Kits cannot be exchanged.**

\*\*\*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, Something for Everyone, FitnessCoach, Silver&Fit Connected!, Fit at Home, and the Silver&Fit logo are trademarks of ASH. Limitations, member fees, and restrictions may apply. Other names and logos may be trademarks of their respective owners. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

S950-104L-QCMS Prospective Member Flier 07/23 © 2023 American Specialty Health Incorporated (ASH). All rights reserved.

