



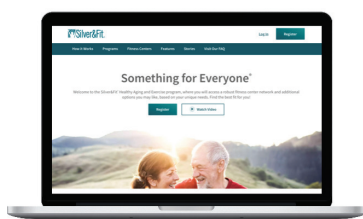
# EXPERIENCE THE SILVER&FIT® AT-HOME PROGRAM

**SPECIAL**  
**COVID-19**  
PROGRAM OPTIONS



## Stay Active at Home During the Coronavirus Crisis

The Silver&Fit program knows how important fitness is to our members. During this unprecedented health crisis, we want to support you with additional resources to keep you on track. We've got Something for Everyone® available right on our website at [www.SilverandFit.com](http://www.SilverandFit.com).



### NEW! Silver&Fit Signature Series Exercise Videos

Enjoy these popular exercise videos, designed for all fitness levels, right from the comfort of your own home computer. More exercise videos will be added soon, so check back often!



Fitbit  
Inspire™



Garmin  
vívofit® 4

### At-Home Exercise Offerings

As an enrolled member, we're offering you the choice of a fitness wearable tracker to get you set up for at-home workouts. Go to the Silver&Fit website to choose one, **at no cost to you.\***

*Select either of these Fitbit or Garmin devices to be shipped right to your home at no charge! Or, use the \$50 credit to purchase a different device at [Fitbit.com](http://Fitbit.com) or [Garmin.com](http://Garmin.com).*

In addition, please remember these other helpful Silver&Fit resources:



### Mobile App with Fitness On Demand Exercise Videos

Download the Silver&Fit ASHConnect™ mobile app to view over 250 on-demand exercise classes, informational videos, and articles.



### Fitness Tracking

Visit the Silver&Fit website to sync your wearable tracker, mobile app, or exercise equipment to the Silver&Fit Connected!™ tool and keep yourself accountable.\*\*



### Home Fitness Kits

Explore our selection of 35 unique home fitness kits, which offer even more flexibility and choice. To switch to the Home Fitness program, please call Silver&Fit Customer Service at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.



### Healthy Aging Coaching

Sign up for one-on-one coaching sessions with a trained health coach and keep working toward your fitness and lifestyle goals. Sessions can be scheduled by calling Silver&Fit Customer Service at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.

\*At-home exercise offerings available through June 30, 2020 to encourage the use of safe, at-home exercise programs for Medicare members during the COVID-19 pandemic. Limited to one offering per member.

\*\*With the exception of the Fitbit Inspire and Garmin vívofit 4, purchase of a wearable tracker or app may be required and is not reimbursed by the Silver&Fit program.

Your use of the Silver&Fit Connected! tool and ASHConnect serve as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. 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. The people in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, ASHConnect, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners.

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