

# Living Boldly™ Together



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

## National Network of Fitness Centers

Access 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.\*



## On-Demand Workout Videos

Visit the Silver&Fit website to find workout videos for all fitness levels.



## Workout Plans

Answer a few online questions about your fitness level and goals to get a custom exercise plan.



## Home Fitness Kits

Pick one kit per benefit year from 11 options.\*\*



## Well-Being Club

Learn new skills and focus on well-being with live virtual classes and events, opportunities to connect in-person, and exclusive articles and videos.



## FitnessCoach™ Virtual Personal Training

Challenge yourself with up to 8 live virtual sessions per benefit year with a participating certified personal trainer for a \$30 per session fee.



## Well-Being Coaching

Get support with your goals during scheduled phone, video, or chat sessions with a trained coach.

Go to [SilverandFit.com](https://SilverandFit.com) to get started today! For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.

\*Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

\*\*Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, **kits cannot be exchanged.**

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Global Health Generations is an HMO/SNP plan subscribed by Global Health, Inc. Enrollment in GlobalHealth depends on contract renewal.

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