



WELCOME TO THE SILVER&FIT® PROGRAM

As a Silver&Fit member, you can receive a fitness center membership at 15,000+ participating fitness centers or select YMCAs.

You can also choose one (1) Stay Fit Kit and up to two (2) Home Fitness Kits per benefit year.* Kits are mailed directly to you!

Silver&Fit members also get:

- 1,500+ digital workout videos on the Silver&Fit ASHConnect™ mobile app and Silver&Fit website
- A collection of daily workout classes on Facebook Live and the Silver&Fit YouTube channel
- One-on-one Silver&Fit Healthy Aging Coaching sessions by phone where a coach will give you personalized attention in fitness, nutrition, and other lifestyle areas
- The Silver&Fit Connected!™ tool which allows you to track activity on 250+ wearable fitness trackers and mobile apps to earn rewards like hats and pins**
- 48 Healthy Aging classes, available online or on DVD

To learn more about the Silver&Fit program, please visit www.SilverandFit.com and explore the FAQs section located on the website.

If you prefer to speak with Customer Service, call toll-free 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.

Exclusions and Limitations

The following services are not offered:

- Services or supplies provided by any person, company, or provider other than a Silver&Fit participating fitness center or select YMCA
- All education materials other than those produced for the Silver&Fit program by American Specialty Health Incorporated
- Telecommunications devices, telephone handset amplifiers, television recorders, and telephones compatible with hearing aids
- Program services or products for individuals other than the Silver&Fit member
- Prescription drugs, over-the-counter products, dietary supplements, herbal supplements, vitamins, minerals, weight control or tobacco cessation products, meal-replacement beverages or powders, or any other type of food or food product, whether or not it is recommended, prescribed, or supplied by a health care provider, fitness center, or program
- All listening devices including, but not limited to, audiotape and CD players
- Services for members with serious medical conditions for which Silver&Fit services are not appropriate
- Fitness devices and applications that require a fee are not reimbursable by the Silver&Fit program

*Members cannot select the same Home Fitness Kit twice in the same benefit year. Kit shipping times may vary. Once selected, kits cannot be exchanged.

**Rewards subject to change. Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is 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 American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Please talk to a doctor before starting or changing an exercise routine. All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Silver&Fit, ASHConnect, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. Limitations and restrictions may apply. Kits are subject to change. Other names may be trademarks of their respective owners. Participating facilities and fitness chains may vary by location and are subject to change.

GlobalHealth is an HMO plan with a Medicare contract. Enrollment in GlobalHealth depends on contract renewal.

GlobalHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-280-5555 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-280-5555 (TTY: 711).

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