The Silver&Fit Healthy Aging and Exercise program includes a robust fitness center network with Premium locations and the Home Fitness program, which allows you to be active without having to visit a fitness center or YMCA.

No matter where you live, get fit on your own terms when you choose up to 2 kits per benefit year from our selection of 35 unique options and have them mailed directly to your home!

Available kits including a DVD, instructional booklet, and Quick Start guide:

- Aquatic Exercise
- Athletic Conditioning
- Barre Fitness
- Barre Fitness for All Levels
- Cardio & Strength
- Cardio Blast
- Cardio Pump
- Cardio Quick Fix
- Chair Aerobics
- Chair Boxing
- Chair Dancing
- Chair Dancing Celebration
- Chair Pilates
- Chair Resistance Band*
- Chair Tai Chi
- Chair Yoga
- Circuit Burn
- Diabetes Workout
- Exercise for the Bedridden and Physically Challenged
- Fitbit® Connected!*
- High Energy Cardio
- High Intensity Bootcamp
- Lean Body Circuits
- Signature Series I: Explore
- Signature Series II: Experience
- Signature Series III: Excel
- Strength & Stamina
- Stress Management*
- Tai Chi*
- Tai Chi for Balance
- Total Body Workout
- Upper & Lower Body Workouts
- Walking*
- Yoga*
- Your Best Body Workout

For more information about the Silver&Fit program, please visit SilverandFit.com. If you have questions, please call 877.427.4788 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern Standard Time.
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Indiana University Health Plans is a Medicare Advantage organization with a Medicare contract. Enrollment in Indiana University Health Plans depends on contract renewal. Other pharmacies/physicians/providers are available in our network. Product types include HMO and HMO POS.

If you have questions, we're here to help. Please call our Customer Solutions Center toll free at 800.455.9776. TTY users call Relay Indiana at 800.743.3333.

Customer Solutions Center hours:
Oct. 1 to March 31 – 8 am to 8 pm, seven days a week. April 1 to Sept. 30 – 8 am to 8 pm, Monday – Friday. You may receive assistance through alternate technology after hours, on weekends, and holidays, or visit iuhealthplans.org.


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H7220_IUHMA20279_C Accepted 7/29/2019

*Fitness kits including exercise equipment or alternate materials. Not all kits include a DVD.

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