



We are excited to offer our IU Health Plans Medicare Advantage members the Silver&Fit® Healthy Aging & Exercise program.

Through this program, you can improve your health and enjoy fitness center or YMCA membership benefits. This program will provide you with:

- No-cost access to a participating fitness center or YMCA. You also have access to Premium locations, including fitness centers, studios and unique fitness experiences for a buy-up price.*
- On-demand workout videos on the Silver&Fit website and through the Silver&Fit mobile app.
- The option to work out at home by selecting one Home Fitness Kit per benefit year. Choose from Wearable Fitness Tracker, Pilates, Strength, Swim and Yoga Kit options.**
- Customized Workout Plans to help you start an exercise routine.
- The Well-Being Club where you can connect with others, join live-streaming classes and events, and view exclusive articles and videos.
- A newsletter four times a year (online or by email).
- The Silver&Fit Connected!™ tool, a fun and easy way to track exercise at a fitness center or through a wearable fitness device or app and earn rewards.***

**Non-standard services that call for an added fee are not part of the Silver&Fit program. Fees vary by Premium fitness center location.*

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

****Rewards subject to change; purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.*

You choose how you want to get healthy.

To learn more or for a list of fitness centers available through the Silver&Fit program, call 877.427.4788 (TTY/TDD 711) Monday – Friday, 8 am – 9 pm, or visit SilverandFit.com.

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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). All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Silver&Fit, Silver&Fit Connected! and the Silver&Fit logo are trademarks of ASH and used with permission herein. This information is not a complete description of benefits. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

Indiana University Health Plans is a Medicare Advantage organization with a Medicare contract. Enrollment in an HMO or HMO POS plan from Indiana University Health Plans depends on the plan's contract renewal with Medicare.

For language assistance, call 800.455.9776 (TTY/TDD 711).

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