

Enjoy the Freedom of Home Fitness

The Silver&Fit® program helps you stay active! No matter where you live or where you like to work out, enjoy one Home Fitness Kit per benefit year.*

Choose one kit from the following:

Fitbit® Wearable
Fitness Tracker Kit



Garmin® Wearable
Fitness Tracker Kit



Pilates Kit with a
Pilates ball
and towel



Beginner Strength
Kit with 2-pound
dumbbells and
exercise bands



Intermediate
Strength Kit with
3-pound dumbbells
and exercise bands



Advanced Strength
Kit with 5-pound
dumbbells and
exercise bands



Beginner Swim Kit with
swimming goggles and
a kickboard



Advanced Swim Kit
with aquatic resistance
gloves and a pull float



Beginner Yoga Kit
with a mat and
hand towel



Intermediate/Advanced
Yoga Kit with a yoga
strap and 2 yoga blocks



To order your Home Fitness Kit, please visit SilverandFit.com.

Once you choose a kit, you will get an online promo code and instructions on how to redeem the code. After you redeem the code, your kit will be mailed to you within <10> days!

For questions, call us toll-free at 877.427.4788 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m. Eastern Standard Time.

*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged**.

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IU Health Plans 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 through Friday. Call 800.455.9776 (TTY/TDD 711).

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.

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

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