

Something for Everyone[®]



The Silver&Fit[®] Healthy Aging and Exercise program is designed to support every unique member.

For only \$25 per benefit year for a fitness center membership and \$10 per benefit year for a home kit, enjoy all of the following, anytime, anywhere:



8,000+ Digital Workout Videos

Go to [MyExcellusMedicare.com/SilverFit](https://www.MyExcellusMedicare.com/SilverFit) to view workout videos, perfect for all fitness levels.



Get Started Program

Answer a few online questions about your fitness level and goals to receive a personal exercise plan, including suggested workout videos.



Standard Fitness Network Choices

Work out at one of 16,500+ participating fitness centers, many with exercise classes for older adults.



Member Resources

Visit the online library of resources for exclusive articles and videos on healthy aging, healthy eating, staying active, and more.



Home Fitness Kits

Pick your favorite kit (one per benefit year):*

- Fitbit[®] Wearable Fitness Tracker Kit
- Garmin[®] Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner Strength Kit
- Intermediate Strength Kit
- Advanced Strength Kit
- Beginner Swim Kit
- Advanced Swim Kit
- Beginner Yoga Kit
- Intermediate/Advanced Yoga Kit

Go to [MyExcellusMedicare.com/SilverFit](https://www.MyExcellusMedicare.com/SilverFit) to get started today! For questions, call us toll-free at 1.888.797.7925 (TTY/TDD: 711), Monday through Friday, 8 a.m. to 9 p.m.

Note: Your annual member fee(s) can be paid online or over the phone by debit or credit card.

*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.**

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, Something for Everyone, and the Silver&Fit logo are federally registered trademarks of ASH. Limitations, member fees, and restrictions may apply. Other names and logos may be trademarks of their respective owners. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

Silver&Fit is a Healthy Aging and Exercise program administered by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated, and an independent company that offers these services on behalf of Excellus BlueCross BlueShield.

Excellus BlueCross BlueShield is an HMO plan and PPO plan with a Medicare contract.

Enrollment in Excellus BlueCross BlueShield depends on contract renewal.

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