



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*
- Group fitness classes made for older adults (where offered)
- The option to work out at home by selecting one Stay Fit Kit and up to two Home Fitness Kits from 34 unique options per benefit year
- Healthy Aging classes four times a year (online or by DVD)
- A newsletter four times a year (online, by email or by mail)
- 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**
- Other web tools like a fitness center search and online classes

**Non-standard services that call for an added fee are not part of the Silver&Fit® program.*

***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. (ASH Fitness), 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. Not all YMCAs participate in the network. Members are advised to check the searchable directory on the Silver&Fit website to see if their location participates in the program.

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 or 800.743.3333).

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