



# Something for Everyone®

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

Enjoy all of the following, anytime, anywhere, at no cost to you:



## 8,000+ Digital Workout Videos

Go to [www.SilverandFit.com](http://www.SilverandFit.com) or download the Silver&Fit mobile app to view workout videos, perfect for all fitness levels.



## Healthy Aging Coaching

Coaches will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone sessions.



## Get Started Program

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



## 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



## Fitness Network Choices

Work out at 16,500+ participating fitness centers or select YMCAs, many with exercise classes for older adults.

Go to [www.SilverandFit.com](http://www.SilverandFit.com) to get started today! For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

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

ASH is an independent and separate company contracted with Blue Cross Blue Shield of Arizona (BCBSAZ) to provide health and wellness services to BCBSAZ members. The Silver&Fit program is not an insurance policy and does not provide insurance coverage. BLUE CROSS®, BLUE SHIELD®, and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross Blue Shield Plans. All other trademarks referenced are the property of their respective companies.

LE29186PY22

M950-712H-BCBSAZMS Program Flier 07/21 © 2021 American Specialty Health Incorporated (ASH). All rights reserved.

