



*Healthy Aging & Exercise Program for **Living Boldly**[™]*



Something for Everyone[®] to Increase Member Activity and Improve Health

The Silver&Fit[®] Healthy Aging and Exercise program offers health plans serving Medicare Advantage, Medicare Supplement, DSNP, and/or Medicaid populations design configurability to help equip their members with everything they need to meet their health, fitness, and well-being goals.

The Silver&Fit national fitness network includes 26,000+ gyms, fitness centers, and exercise studios. One of the key design choices for health plans is selecting the number of fitness locations that will be available to members at zero cost. Silver&Fit members can also enjoy a variety of digital and virtual features at no cost, including workout videos, workout plans, and Well-Being Club events and classes. To meet the unique needs of their populations, health plans can then choose other program design features, such as fitness kit availability, Well-Being Coaching (including GLP-1 support), Virtual Personal Training, and more.

Additionally, for Medicare plans with a Flexible Benefits card, the Silver&Fit program offers a tailored design for card users to maximize their flex dollars.*

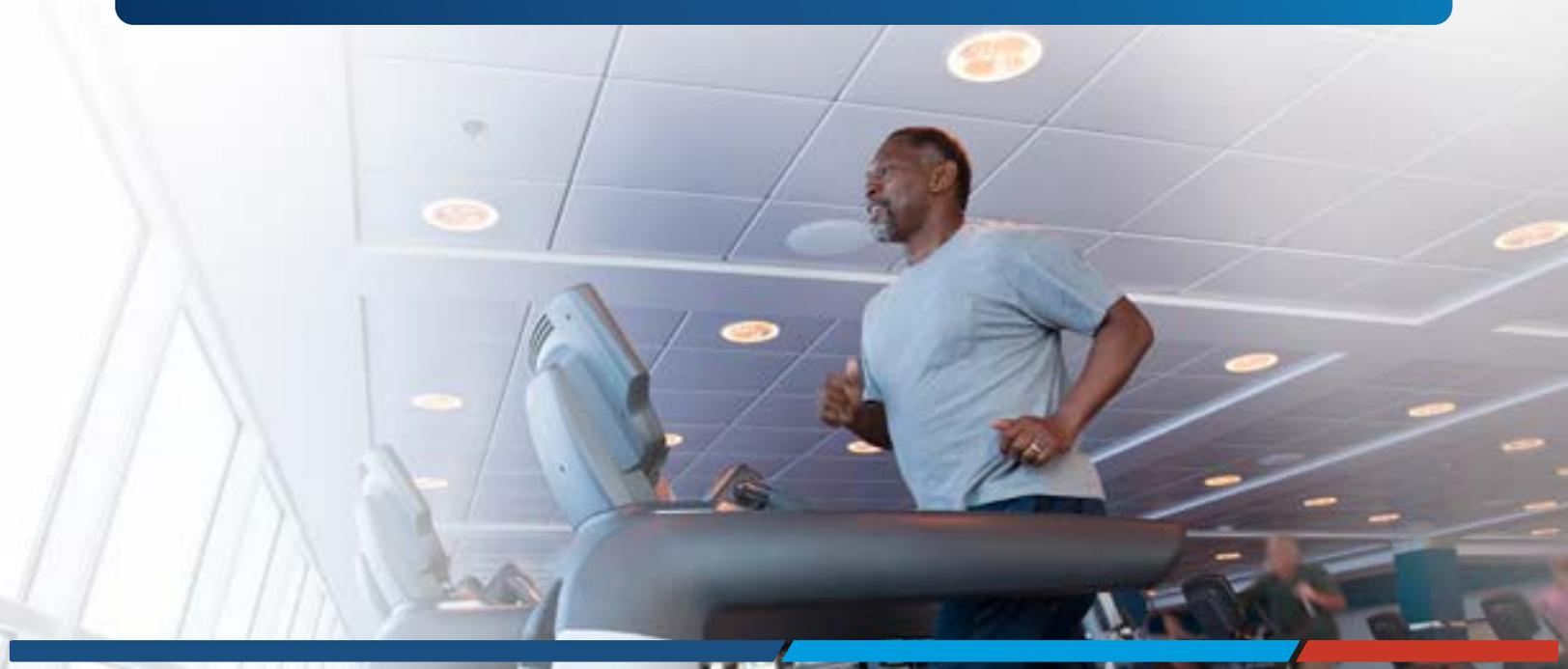
See how the Silver&Fit program can positively impact the health of your members and empower them in Living Boldly!



Net Promoter Score¹



Member Satisfaction¹



Living Boldly in 2026 and beyond

With the 2026 Silver&Fit Program, your members gain access to a wide variety of fitness options, digital tools, and well-being resources designed to meet their unique fitness needs.

Silver&Fit Network Designs

	Most Affordable	Affordable	Most Popular	Most Robust
Nationwide Fitness Center Network: 26,000+ fitness locations including gyms, fitness centers, select YMCAs, studios, and unique fitness experiences.	8,000+ of the 26,000+ fitness locations at \$0 member fee	10,000+ of the 26,000+ fitness locations at \$0 member fee	18,000+ of the 26,000+ fitness locations at \$0 member fee	23,000+ of the 26,000+ fitness locations at \$0 member fee
On-Demand Workout Library: 15,000+ workout videos, including 12,000+ videos created specifically for aging adults.	✓	✓	✓	✓
60+ Digital Workout Plans: Includes on-demand workout recommendations and guidance to help members reach their fitness goals.	✓	✓	✓	✓
Well-Being Club Digital Resources: Includes actionable Healthy Aging articles, videos, audio classes, and more.	✓	✓	✓	✓
Well-Being Club Live Virtual Events: Includes live virtual workshops and community-building opportunities.	✓	✓	✓	✓
Activity Tracking and Rewards Program: Offers activity tracking through 250+ wearable fitness trackers and mobile apps. Members can earn rewards like collectible hats and pins.	+	+	✓	✓
Live 1:1 Well-Being Coaching: Offers sessions via phone, video, or chat to assist with exercise, nutrition, stress management, GLP-1 support, and more.	+	+	✓	✓
Home Fitness Kits: Members receive one kit per benefit year from options such as strength, yoga, self-care, and more.	+	+	✓	✓
FitnessCoach™ Virtual Personal Training: Offers live virtual sessions with a certified personal trainer. \$30/session member cost.	+	+	+	✓
ChooseHealthy® Marketplace: Includes discounts of 10% to 50% on health, wellness, and fitness products and services.	+	+	+	✓
Discount Provider Network: With 101,000+ contracted credentialed providers (Chiropractic, Acupuncture, Physical Therapy, Occupational Therapy, and more).	+	+	+	✓

 Included
  Optional

Community Engagement

- **Free Public Workouts**

The public can join the Silver&Fit program on Facebook Live and YouTube for no-cost workouts.



Support Services

- Digital support tools and website
- Digital fitness center profiles with over 100,000 photos
- Product branding and promotion by Engage! Creative Group™



Learn More:

855.328.2746 | Info@SilverandFit.com

SilverandFit.com



A PRODUCT OF



*To access a Standard fitness center, members with a Flexible Benefits Card design will be responsible for a monthly fee of \$28, plus applicable taxes. There are no associated enrollment fees or annual maintenance fees and this membership option gives members access to multiple fitness centers for the \$28 per month price point.

¹2023 Silver&Fit Member Satisfaction Survey

S950-839I 12/24 © 2024 American Specialty Health Incorporated (ASH). All rights reserved. The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Living Boldly, Something for Everyone, Silver&Fit, FitnessCoach, ChooseHealthy, the Silver&Fit logo, Engage! Creative Group logo, and A Product of American Specialty Health logo are federally registered and unregistered trademarks of ASH. Other names or logos may be trademarks of their respective owners. Persons shown are not Silver&Fit members. Kits and rewards are subject to change. Fitness center participation may vary by location and is subject to change. New benefit designs subject to regulatory approval.