



# Something for Everyone<sup>®</sup>

The Silver&Fit<sup>®</sup> Healthy Aging and Exercise program supports every unique member.

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



## On-Demand Workout Videos

Go to [www.SilverandFit.com](http://www.SilverandFit.com) or download the ASHConnect<sup>™</sup> mobile app to find workout videos for all fitness levels.



## Healthy Aging Coaching

A certified health coach will help you meet your fitness, nutrition, and lifestyle goals during scheduled phone, video, or chat sessions.



## Workout Plans

Answer a few online questions about your fitness level and goals to get workouts to help you start an exercise routine.



## Well-Being Club

Learn new skills and focus on well-being by:

- Connecting with others
- Enjoying live-streaming classes and events on the Silver&Fit website
- Viewing exclusive articles and videos



## Standard and Premium Fitness Network Choices

Join thousands of participating fitness centers or select YMCAs, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences for a buy-up price.\*



## Home Fitness Kits

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

- Fitbit<sup>®</sup> or Garmin<sup>®</sup> Wearable Fitness Tracker Kit
- Pilates Kit
- Beginner, Intermediate, or Advanced Strength Kit
- Beginner or Advanced Swim Kit
- Beginner or Intermediate/Advanced Yoga Kit

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, 6 a.m. to 7 p.m. Mountain time.

Powered by Blue Cross of Idaho Care Plus, Inc.

\*Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

\*\*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. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. The persons in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, ASHConnect, and the Silver&Fit logo are 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.

On behalf of Blue Cross of Idaho Care Plus, Inc., American Specialty Health Fitness, Inc., an independent company, administers the Silver&Fit program to Medicare Supplement plan members. ©2022 Blue Cross of Idaho Care Plus, Inc. ("Blue Cross of Idaho Care Plus"), an Independent Licensee of the Blue Cross Blue Shield Association, with services provided by Blue Cross of Idaho Health Service, Inc.

M950-712I-BCIDMS Program Flyer 07/22 © 2022 American Specialty Health Incorporated (ASH). All rights reserved.

Form No: 21-103NI (11-22)

