



SOMETHING FOR EVERYONE®

Work out in the comfort of your home with the Silver&Fit® program!

The Silver&Fit Healthy Aging and Exercise program includes a robust fitness center network and the Home Fitness program, which allows you to be active without having to visit a fitness center.

No matter where you live, get fit on your own terms when you choose up to 2 kits per benefit year from our selection of 35 unique options and have them mailed directly to your home!

Talk to your doctor before you start or change your exercise routine.

Available kits including a DVD, instructional booklet, and Quick Start guide:

- Aquatic Exercise
- Athletic Conditioning
- Barre Fitness
- Barre Fitness for All Levels
- Cardio & Strength
- Cardio Blast
- Cardio Pump
- Cardio Quick Fix
- Chair Aerobics
- Chair Boxing
- Chair Dancing
- Chair Dancing Celebration
- Chair Pilates
- Chair Resistance Band*
- Chair Tai Chi
- Chair Yoga
- Circuit Burn
- Diabetes Workout
- Exercise for the Bedridden and Physically Challenged
- Fitbit® Connected!*
- High Energy Cardio
- High Intensity Bootcamp
- Lean Body Circuits
- Signature Series I: Explore
- Signature Series II: Experience
- Signature Series III: Excel
- Strength & Stamina
- Stress Management*
- Tai Chi*
- Tai Chi for Balance
- Total Body Workout
- Upper & Lower Body Workouts
- Walking*
- Yoga*
- Your Best Body Workout

For more information about the Silver&Fit program, please visit www.SilverandFit.com. If you have questions, please call 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Something for Everyone, Silver&Fit, and the Silver&Fit logo are federally registered trademarks of ASH. Other names or logos may be trademarks of their respective owners. Home kits are subject to change. The people featured in this piece are not Silver&Fit members.

Santa Clara Family Health Plan Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

Santa Clara Family Health Plan Cal MediConnect Plan complies with applicable Federal civil rights laws, and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call Customer Service at 1-877-723-4795, Monday through Friday, 8 a.m. to 8 p.m. TTY/TDD users should call 1-800-735-2929 or 711. The call is free.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame a Servicio al Cliente al 1-877-723-4795, de lunes a viernes, de 8 a.m. a 8 p.m. Los usuarios de TTY/TDD deben llamar al 1-800-735-2929 o al 711. La llamada es gratuita.

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Hãy gọi Dịch Vụ Khách Hàng theo số 1-877-723-4795, từ thứ Hai đến thứ Sáu, 8 giờ sáng đến 8 giờ tối. Những người sử dụng TTY/TDD gọi đến số 1-800-735-2929 hoặc 711. Cuộc gọi được miễn phí.

中文 (Chinese): 注意：如果您说中文，将为您提供免费的语言服务。请致电 1-877-723-4795 联系客户服务部，工作时间为周一至周五早上 8:00 至晚上 8:00。TTY/TDD 用户请致电 1-800-735-2929 或 711。这是免费电话。

Tagalog – Filipino (Tagalog): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa Serbisyo para sa Customer sa 1-877-723-4795, Lunes hanggang Biyernes, mula 8 a.m. hanggang 8 p.m. Dapat tumawag ang mga TTY/TDD user sa 1-800-735-2929 o 711. Libre ang tawag.

H7890_15074E Accepted

*The Chair Resistance Band, Fitbit Connected!, Stress Management, Tai Chi, Walking, and Yoga kits include exercise equipment or alternate materials. Not all of these kits include a DVD.

M950-1032B-SCFHP Home Fitness Kits Flier 8/19 © 2019 American Specialty Health Incorporated (ASH). All rights reserved.

