



# Achieve your health goals with the YMCA and Santa Clara Family Health Plan

As a Santa Clara Family Health Plan (SCFHP) Medi-Cal member, you can now sign up for a YMCA of Silicon Valley (YMCA) membership at no cost to you! Whether you want to lose weight, tone up, or stay healthy – your local YMCA is here for you. SCFHP Medi-Cal members can join any YMCA of Silicon Valley location.

To become a YMCA member, present your SCFHP ID card at any YMCA of Silicon Valley location. You can also sign up online at <https://bit.ly/scfhp-ymca>. Members under 12 must have a guardian with them at all times. The guardian does not have to be a SCFHP member or a YMCA member.

Talk to your doctor before starting or changing a fitness routine.

## Questions?

If you have any questions or need more information about this new program please visit [www.scfhp.com](http://www.scfhp.com) or call SCFHP Customer Service at **1-800-260-2055 (TTY: 711)**. The line is open Monday-Friday from 8:30 a.m. to 5:00 p.m.

For additional information about YMCA of Silicon Valley or to find a location near you, visit [www.ymcasv.org](http://www.ymcasv.org).

With your YMCA membership you'll be able to:



Join any of the 600+ group exercise classes led by certified instructors including yoga, Pilates, Zumba, cycling, TRX, and aqua fitness



Use cardio and strength training equipment, indoor and outdoor fitness studios, indoor and outdoor swimming pools, basketball gym, and wellness programs\*



Talk to a wellness coach



And much more!

*\*Non-standard services that call for an added fee are not part of the SCFHP Medi-Cal YMCA membership and will not be reimbursed by YMCA or SCFHP Medi-Cal Plan.*

*The YMCA of Silicon Valley is not part of SCFHP. Participation in this benefit is optional and does not affect your Medi-Cal coverage.*