

Flexible options for exercise and fitness



Regular physical activity is so important to prevent age-related health problems and help you maintain your independence. The Silver&Fit® program makes it easy and fun to stay fit and active, whatever your situation!

The Silver&Fit program has Something for Everyone®:



Standard and Premium Fitness Network Choices

You can join one of 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, and unique fitness experiences for a buy-up price.*



On-Demand Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at **SilverandFit.com**.



Workout Plans

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



Well-Being Club

You can learn new skills and focus on your well-being by connecting with others, joining live virtual classes and events, and viewing exclusive articles and videos.



Fit at Home™ online – check out a free class on Facebook or Youtube!

Program members have access to exclusive exercise plans and workout videos on demand. Plus, anyone can join free daily workout classes on Facebook Live and YouTube. You can see the full class schedule at **SilverandFit.com/Workouts**.



Questions about the Silver&Fit program?

Call us at **1-800-228-9100**

8 a.m. to 5 p.m. CST, Monday through Friday.



Underwritten by
Physicians Select Insurance Company®
a member of the Physicians Mutual family

The Silver&Fit program is available to Physicians Select Insurance Company customers who have purchased a Medicare Supplement Plan B, Plan G, Innovative Plan G, or High Deductible Plan G.

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*Fees vary by Premium location.

Your use of the Silver&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. The Silver&Fit program is provided by 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. Persons shown are not Silver&Fit members. Silver&Fit, Something for Everyone, Silver&Fit Connected!, Fit at Home, and the Silver&Fit logo are trademarks of ASH and used with permission herein. Limitations, member fees, and restrictions may apply. Other names and logos may be trademarks of their respective owners. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

We are not connected with, or endorsed by, the U.S. Government or the Federal Medicare Program.

Insurance policy/rider form numbers: S061PA, S065PA, S066PA, S068PA, F018, F028PA.