



Flexibility & Choice in Fitness

The no-cost Silver&Fit® program has Something for Everyone®. Eligible members can enjoy tools and features including:



8,000+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at www.SilverandFit.com and through the Silver&Fit mobile app.



Home Fitness Kits

You can pick one kit per benefit year. Choose from Wearable Fitness Tracker, Pilates, Strength, Swim, and Yoga Kit options.**



Get Started Program

By answering a few online questions about your fitness level and goals, you can receive a personal exercise plan, including suggested workout videos.



Member Resources

You can visit the online library of resources for exclusive articles and videos on healthy aging, healthy eating, staying active, and more.



Standard and Premium Fitness Network Choices

You can work out at one of 16,500+ participating fitness centers, many with exercise classes for older adults. You also have access to 4,000+ Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.*

You can also get Fit at Home™ with daily Facebook Live and YouTube workouts, available to the public at no cost. See the full class schedule at www.SilverandFit.com/Workouts.

For questions, call Sharp Health Plan at **1-855-562-8853**. Hours of operation: October 1 to March 31 from 8 a.m. - 8 p.m., 7 days a week. April 1 - September 30 from 8 a.m. - 8 p.m., Monday through Friday. Calling after-hours will direct you to our voicemail system and a Customer Service representative will return your call the next business day.

*Fees vary by Premium fitness center location.

Once selected, **Home Fitness Kits cannot be exchanged.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Please talk to a doctor before starting or changing an exercise routine. All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, Fit at Home, 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.

This information is not a complete description of benefits. Contact the plan for more information.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-855-562-8853 (toll free) for additional information. (TTY users should call 711.) For your convenience, our office hours are: from October 1 to March 31: 7 days per week, 8 a.m. to 8 p.m. From April 1 to September 30: Monday through Friday, 8 a.m. to 8 p.m. and on weekends and holidays, your call will be handled by our voicemail system. A Customer Care Representative will return your phone call the next business day. Please contact Sharp Health Plan if you need information in another format.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame 1-855-562-8853 (número gratuito) para obtener información adicional. (Los usuarios de TTY deben llamar al 711.) Para su conveniencia, nuestras horas de oficina son: 1 de octubre al 14 de febrero, los 7 días de la semana de 8 de la mañana a 8 de la tarde. El 15 de febrero al 30 de septiembre, lunes a viernes de 8 de la mañana a 8 de la tarde, y los fines de semana y festivos, su llamada será atendida por nuestro sistema de correo de voz. Un Representante de Servicios de Miembros le devolverá su llamada el día hábil siguiente. Por favor, póngase en contacto con Sharp Health Plan si usted necesita información en otro forma.

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