

## THE SILVER&FIT® EXERCISE & HEALTHY AGING PROGRAM:

# SOMETHING FOR EVERYONE™

Learn how to improve your health—and use our tools to do it. This program gives members:

- » No-cost access to fitness clubs and exercise centers
  - » Group classes made for older adults, where offered
  - » The option to work out at home using up to 2 Home Fitness Kits per year (17 kits to choose from)
  - » Healthy Aging classes (online or DVD)
  - » A newsletter 4 times a year
  - » The Silver&Fit Connected!™ program, a fun and easy way to track exercise through a wearable fitness device or app and earn rewards\*
  - » Other web tools like a facility search, online classes, challenges, and more
- \*Rewards subject to change; purchase of wearable fitness device or app is not included



### YOU CHOOSE HOW YOU WANT TO GET HEALTHY! WANT TO LEARN MORE?

For more information, please call Health Net Member Services:

- Arizona: 1-877-743-1140
- California: 1-877-743-1137
- Oregon: 1-877-768-6648

(TTY users should call 711)

From October 1 through February 14, our office hours are 8:00 a.m. to 8:00 p.m., 7 days a week, excluding certain holidays. However, after February 14, our office hours are 8:00 a.m. to 8:00 p.m., Monday through Friday. On weekends and certain holidays, your call will be handled by our automated phone system. TTY users should call 711.

Your use of the Silver&Fit Connected! program 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 American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). 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, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information.

Health Net has a contract with Medicare to offer HMO, PPO, HMO-SNP plans. Health Net has a contract with Medicare and the Arizona and California state Medicaid programs to offer HMO, PPO, HMO-SNP plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal. ASH has a contract with Health Net. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and/or co-payments/coinsurance may change on January 1 of each year.

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Health Net 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 1-877-743-1140 (Arizona), 1-877-743-1137 (California), 1-877-768-6648 (Oregon) (TTY: 711).

**Spanish:**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-743-1140 (Arizona), 1-877-743-1137 (California), 1-877-768-6648 (Oregon) (TTY: 711).

**Chinese:**

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-743-1140 (Arizona), 1-877-743-1137 (California), 1-877-768-6648 (Oregon) (TTY: 711)。