

GROUP RETIREE BENEFITS | CALIFORNIA

Silver&Fit[®] Exercise and Healthy Aging Program



A new program for your retirees enrolled in a Kaiser Permanente group Medicare health plan

The Silver&Fit Exercise and Healthy Aging Program can help your retirees stay active and thrive. Now offered by Kaiser Permanente, this program lets your retirees choose either:*



a gym membership

or



a home fitness program

With the gym membership, retirees can select a local club from Silver&Fit's broad network of participating fitness facilities. Where available, this program includes:

- ▶ access to cardiovascular and strength training equipment
- ▶ amenities such as saunas, pools, and whirlpools[†]
- ▶ Silver&Fit group exercise classes, such as:
 - yoga, Zumba, and tai chi
 - swimming
 - fall prevention
 - strength and cardio training

If retirees prefer to work out at home, the home fitness program includes:

- ▶ healthy aging education materials
- ▶ two home fitness kits each benefit year, with options including:
 - walking
 - Pilates
 - stress management
 - dance

* The Silver&Fit Program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit, The Silver Slate, and the Silver&Fit Signature Series Classes are federally registered trademarks of ASH. Other names and logos may be trademarks of their respective owners.

† Any additional fees not included.

In California, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply.

Additional benefits for both programs:

- a resource library with access to online exercise and education tools
- a rewards program for members who track their exercise and activities
- social support and community involvement opportunities
- *The Silver Slate*[®] quarterly newsletter
- access to **SilverandFit.com**
- toll-free telephone assistance with TTY/TDD option



To learn more about Silver&Fit, contact your Kaiser Permanente account manager or retiree consultant.