



SOMETHING FOR EVERYONE®



By joining the no-cost Silver&Fit® program, you will be supported on your healthy aging journey. Eligible members can enjoy tools and features including:



1,500+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos on the Silver&Fit website and through the Silver&Fit mobile app.



Daily Workout Videos

You can join daily workout classes on Facebook Live and the Silver&Fit YouTube channel.



www.facebook.com/SilverandFit
www.youtube.com/SilverandFit



Stay Fit Kits

You can select one (1) Stay Fit Kit per benefit year. Choices include a Wearable Fitness Tracker Kit, Yoga Kit, or Strength Kit.



Home Fitness Kits

You can pick up to 2 kits per benefit year from our 34 unique options, including Aqua, Tai Chi, Chair-Based Exercise, and more.*



Access to 15,000+ Participating Fitness Centers

You can work out at fitness centers including:



Healthy Aging Coaching

You can address your fitness and nutrition goals during scheduled phone sessions with a coach.

For questions, call Western Health Advantage at 888.563.2250 (TTY/TDD: 711), Monday through Friday (excluding holidays), 8 a.m. to 6 p.m.

NEW! Expanded Digital Fitness Library & Daily Online Workouts

Created for Older Adults!

Beginning next year, we will offer a newly expanded library of more than 1,500 digital workout videos exclusively for the Silver&Fit program. Join us on Facebook Live and YouTube starting October 1st for a sneak peek at the various types and levels of workouts that will be available to Silver&Fit members next year. See below for our daily schedule this fall on Facebook Live and YouTube.**

	Monday <i>Cardio</i>	Tuesday <i>Yoga</i>	Wednesday <i>Strength/ Bodyweight</i>	Thursday <i>Flexibility</i>	Friday <i>Mixed Format</i>
9 a.m. PT	Beginner: Explore the start to your fitness journey				
10 a.m. PT	Intermediate: Experience kicking your workout up a notch				
11 a.m. PT	Advanced: Challenge your skills and fitness				
12 p.m. PT	International: Enjoy workouts from around the globe				

*Members cannot select the same Home Fitness Kit twice in the same benefit year.

**Class schedule subject to change.

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You must continue to pay your Medicare Part B premium.

Western Health Advantage is an HMO plan with a Medicare contract. Western Health Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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