



BlueCross  
BlueShield  
Arizona

## The Silver&Fit<sup>®</sup> program gives you choice, flexibility, and support—for \$0 additional cost

**Silver&Fit gets you *moving*.** Chair-based exercise, diabetes workout, low-impact aerobics, heart-pumping cardio ... you'll find classes designed for every level of fitness and ability.

**Silver&Fit fits *your* lifestyle.** Work out anytime, anywhere—go to a fitness center, or join on-demand workout videos on the website and mobile app.

**Silver&Fit includes *so much more than exercise*.** Learn and achieve goals with a personal health coach, engaging lifestyle and educational content, and even social clubs.

See all the details inside 



### Join us for a LIVE webinar: Get to know your Silver&Fit benefits

After the class, our team will lead you through simple moves to help improve balance, followed by a Q&A session.

**Wednesday, August 11**

Choose your class time: **10 to 11:30 a.m.** or **2 to 3:30 p.m.**



**Space is limited.** To register, go to [silverandfit.rsvpify.com](https://silverandfit.rsvpify.com).

For accommodation of persons with special needs, call **602-313-7136**, TTY: **711**, or email [Mbr.Communications@azblue.com](mailto:Mbr.Communications@azblue.com).

# Here's what Something for Everyone<sup>®</sup> looks like

So, what'll it be today? With so many options, nothing has to be "routine" about your daily fitness routine!



## 15,000+ participating fitness centers

Access a national network of fitness centers and exercise studios to find the best fit.

With multi-fitness center access (eligible members only), it's easy to stay active while traveling.



## More than 1,500 on-demand workout videos

Choose when and where you want to work out using the Silver&Fit website or mobile app.

Choose from a variety of fitness levels and workout styles:

- Cardio
- Meditation
- Strength
- Cycling
- Yoga
- Pilates
- Dance
- Flexibility



## 2 Home Fitness Kits per benefit year

Choose 2 out of 34 kits\* tailored to unique needs and fitness goals.

Here's a sampling of popular picks:

- Diabetes Workout
- Chair Aerobics
- Stress Management
- Yoga
- Barre Fitness
- Tai Chi
- Aquatic Exercise
- Strength & Stamina
- Circuit Burn
- High Energy Cardio
- Walking
- Chair Boxing

\*Members cannot select the same Home Fitness Kit twice in the same benefit year. Once selected, kits cannot be exchanged.



## Plus, one premium Stay Fit Kit

Exercise equipment gives you even more incentive to stay active.

Choose one of the following kit options\*\* per benefit year:

- Garmin<sup>®</sup> or Fitbit<sup>®</sup> Wearable Fitness Tracker Kits
- Yoga Kit with a mat and hand towel
- Beginner, Intermediate, or Advanced Strength Kits with exercise bands and dumbbells

\*\*The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit website. Once selected, the kit cannot be exchanged.



## It's easy to enroll

Get moving today! Register at **SilverandFit.com**, or call BCBSAZ Member Services toll-free at **1-800-446-8331, TTY: 711.**



### Healthy Aging Coaching

Phone sessions with a Coach can help motivate and guide you to achieve your health goals.

It's time to focus on you: Learn how to get stronger, prevent falls, lose weight, manage pain, or simply stress less and enjoy life more.



### Social clubs in your area

Find new friends with shared interests.

Connect over sports, outdoor activities, education, hobbies, volunteering, and more.

Your benefits don't stop there—turn the page! 



# Get even more support for your self-care journey

- ✓ **Silver&Fit ASHConnect™ Mobile App**—Stream on-demand workouts, find a fitness center, access healthy aging resources, and more.
- ✓ **Silver&FitConnected!™**—Earn points by tracking your exercise from 250+ wearable fitness trackers and apps.
- ✓ **Rewards**—Convert your Connected! points, track fitness center visits, and watch on-demand workouts to receive collectible hats and pins.
- ✓ **Lifestyle content**—View an online collection of classes, quarterly newsletters, and resources for improved health and well-being.

The products and services described are not benefits under Medicare. All programs and services are not available in all areas. Please talk to a doctor before starting or changing an exercise routine. The people in this piece are not Silver&Fit members. Participating facilities and fitness chains may vary by location and are subject to change. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health, Incorporated (ASH). ASH is an independent and separate company contracted with Blue Cross® Blue Shield® of Arizona (BCBSAZ) to provide access of its fitness facilities to BCBSAZ members. The Silver&Fit program is not an insurance policy and does not provide insurance coverage. Silver&Fit, Something for Everyone, ASHConnect, and Silver&FitConnected! are trademarks of ASH and used with permission herein. All other trademarks referenced are the property of their respective companies. Kits are subject to change.

BCBSAZ is contracted with Medicare to offer HMO and PPO Medicare Advantage plans and PDP plans. Enrollment in Blue Cross Blue Shield of Arizona plans depends on contract renewal. BCBSAZ offers BluePathway<sup>SM</sup> HMO and BlueJourney PPO Medicare Advantage plans. BCBSAZ Advantage, a separate but wholly owned subsidiary of BCBSAZ, offers Blue Medicare Advantage Standard, Classic, and Plus HMO plans. Blue Cross® Blue Shield®, and the Cross and Shield symbols are registered service marks, and BluePathway is a service mark, of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

