

# Something for Everyone®



With the Silver&Fit® Healthy Aging and Exercise program, eligible members can enjoy:

## **Fitness Network Choices**

You can access a participating fitness center or select YMCA, many with exercise classes for older adults. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.\*

## **Home Fitness Kits**

You can pick one kit per benefit year from 11 options.\*\*

## **FitnessCoach™ Virtual Personal Training**

You can challenge yourself with up to 8 live virtual sessions per benefit year with a participating certified personal trainer for a \$30 per session fee.

## **Fitness Tracking**

You can sync your wearable fitness tracker or mobile app to the Silver&Fit Connected!™ tool to track your activity and earn rewards like hats and pins.\*\*\*

## **On-Demand Workout Videos**

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos at [SilverandFit.com](https://www.silverandfit.com).

## **Workout Plans**

By answering a few online questions about your fitness level and goals, you can get a custom exercise plan.

## **Well-Being Club**

You can learn new skills and focus on your well-being by connecting with others, joining live virtual classes and events, and viewing exclusive articles and videos.

## **Well-Being Coaching**

You can work toward your goals during scheduled phone, video, or chat sessions with a trained coach.

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For questions, call PrimeTime Health Plan at 330-363-7407 or 1-800-577-5084 (TTY: 711)  
Monday - Friday from 8:00 a.m - 8:00 p.m. (October 1 - March 31,  
we are available 7 days a week, 8:00 a.m. - 8:00 p.m.) or visit [www.pthp.com](https://www.pthp.com).

You can also get **Fit at Home™** with Facebook Live and YouTube workouts, available to the public at no cost. See the full class schedule at [SilverandFit.com/Workouts](https://SilverandFit.com/Workouts).



\*Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

\*\*Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, **kits cannot be exchanged**.

\*\*\*Rewards are subject to change. Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are not reimbursable by the Silver&Fit program. Your use of the Silver&Fit Connected! tool 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 ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. Persons shown are not Silver&Fit members. Silver&Fit, Something for Everyone, FitnessCoach, Silver&Fit Connected!, Fit at Home, and the Silver&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

PrimeTime Health Plan is an HMO-POS plan with a Medicare contract. Enrollment in PrimeTime Health Plan depends on contract renewal.

For more information, please contact PrimeTime Health Plan at 330-363-7407 or 1-800-577-5084 (TTY users should call 711). Our Call Center is open Monday through Friday, from 8:00 a.m. to 8:00 p.m. From October 1 through March 31, the Call Center is open seven days a week, from 8:00 a.m. to 8:00 p.m.

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